

where we live
HURST★TEXAS

SPRING 2018

Letter from Chief Moore

Town Hall Forum

Citizen Survey



where we live

In This Issue

Wellness & Health.....	4
Safe Living.....	6
Senior Services.....	10
Our Community.....	16
Public Library.....	22
Recreation Center.....	26
Park System.....	58

City Staff

- Clay Caruthers** City Manager
- Allan Heindel** Deputy City Manager
- Greg Dickens** Executive Director of Public Works
- Rita Frick** City Secretary
- Steve Niekamp** Police Chief
- David Palla** Fire Chief
- Matia Messemer** Executive Director of Human Resources
- Steve Bowden** Executive Director of Economic Development
- Clayton Fulton** Executive Director of Strategic and Fiscal Services
- Malaika Farmer** Executive Director of Administration and Customer Service
- Kara McKinney** Public Information Officer



On the Cover

Several new and exciting businesses and restaurants recently opened in Hurst, or are planning to open this year! For the cover shoot this issue, we stopped by a few restaurants and picked up some delicious food for a picnic held at Chisholm Park. We may or may not have eaten every single bite after we took all of our necessary shots.

Two of our newest restaurants are Chicken Salad Chick, located at 520 Grapevine Hwy, and Euros Gyros, located at 122 W Hurst Blvd, right next to HoneyLove Cakery! Obviously, we had to scoop up some cupcakes from HoneyLove when we visited Euros Gyros.

Be sure to follow the City of Hurst on Facebook and Instagram for information on new businesses and development in Hurst. And if you haven't tried any of these Hurst businesses yet, make plans to soon! They'll become your new favorites!



Mayor's Message

We hope you and your family had a wonderful Christmas and a great start to 2018! It's hard to believe, but spring is right around the corner, and we have some great things in store this season for you and your family!

Have you ever been to one of our events at Heritage Village Plaza? We have some fun ones coming up including Grand Family Picnic and Concert in the Park that are perfect for the whole family. And I can't forget about our EGGStravaganza! Join us for a giant egg hunt for the kids at Hurst Community Park! You can find more information about our events in this issue or at hursttx.gov/calendar.

Each year, we hold a Town Hall Forum in the spring where our residents learn about the future plans for our city. The entire council will be there to visit with our residents. We'd love for you to attend. Turn to page 20 for more details.

At the end of January, Chief Steve Moore will retire after 40 years with the City of Hurst. He crafted a letter to our residents that is included in this issue on page 7. He has been an incredible chief for our police department, and while we are sad to see him go, we wish him the very best in retirement!

It's an honor for us to get to serve you each year. We are proud of our city, and most importantly, proud of the residents who call Hurst home. It's residents like you that make Hurst a city that everyone wants to live in.

We hope to see you and your family at one of our events coming up this spring!

- Mayor Richard Ward

City Council

Richard Ward Mayor
Henry Wilson Mayor Pro Tem
David Booe Council Member
Bill McLendon Council Member
Trasa Cobern Council Member
Nancy Welton Council Member
Larry Kitchens Council Member

The Social Media Connection

City of Hurst

WEBSITE: www.HurstTX.gov
FACEBOOK: @CityofHurstTX
TWITTER: @TheCityofHurst
INSTAGRAM: @CityofHurstTX
NEXTDOOR: City of Hurst

Hurst Public Library

WEBSITE: www.HurstTX.gov/Library
FACEBOOK: @HurstPublicLibrary
TWITTER: @HurstLibrary
INSTAGRAM: @HurstPublicLibrary

Hurst Police Department

FACEBOOK: @HurstPoliceDept
TWITTER: @HurstPoliceDept
NEXTDOOR: Hurst Police Department

Hurst Conference Center

WEBSITE: www.HurstCC.com
FACEBOOK: @HurstCC
INSTAGRAM: @HurstConferenceCenter

Hurst Recreation Center

FACEBOOK: @HurstParksandRecreation
INSTAGRAM: @HurstParksandRecreation

Hurst Fire Department

TWITTER: @HurstFireDept

Hurst Senior Activities Center

FACEBOOK: @HurstSeniorActivitiesCenter

Spring into Spring

Spring is around the corner, and everyone is ready to come outside and shake off the winter doldrums. Here are some fun ways you can get a jump start!

Get moving: We all know that we need to be more physically active, but did you know that the total calories you burn are a great measure of how much you should move? Research is finding that burning 2,000 or more calories each week is directly linked with lowering heart disease, blood pressure, diabetes and cancer risks more than most conventional treatments! So try tracking how many calories you are burning to see how you compare. Simple tools like free apps, smart watches, fitness trackers and easy calculations can help you learn how much you burn when you move. Have fun trying them out!

Raw food, stronger you: Over the fall and winter we have probably been eating more cooked and canned fruits and vegetables due to lower fresh options or different meal choices. But spring means more wonderful foods are available for us to enjoy in the raw again! Although the recommendations are still to eat 6-9 servings of fruits and vegetables each day, get started by increasing your current servings by two every two weeks. So if you are currently only eating 1 veggie each day, for your first two weeks add an additional fruit and veggie to bring your total servings up to three. Then continue adding until you hit the 6-9 serving mark regularly! Where do you begin? Try adding a fruit and/or vegetable every time you eat. If you can, try to shop local and organic whenever possible.

Healthy gut, healthy you: Now that you are eating more raw foods again, it is the perfect time to talk about how your gut health is powerfully connected to your overall health. Our digestive tract from the mouth all the way out makes up over 70% of our immune system. If you want to stay healthy year round, keep your gut healthy by feeding it the right things. Fruits & vegetables (especially raw), probiotic foods, healthy fiber, good fats, lean meats and more make your body energetic, healthy and strong. Sugar, processed foods, unhealthy fats, from a package or box make our bodies sluggish,

drained and sickly. Look at your diet, not from a should or shouldn't have mentality, but from a "feed your health" mentality. Pack in all the good for your gut foods, and you won't have desire or room for the ones that drag you down!

Stay motivated: The new year has come and gone. Chances are you set out to make some changes. Were you successful or did you have some fails? Here are some strategies to help you stay motivated and succeed! Start your day off with drinking 20-30 oz of pure water before you do anything else. Schedule in your goals on your calendar or to do list, set alarms and reminders everywhere you are, ask a friend to be an accountability partner or join you in your goals. Plan ahead, lay your clothes out for the gym the night before, pack a lunch or snacks in your desk and keep walking shoes in your trunk. If you choose successful strategies ahead of time, you can't help but follow healthy options in all areas of your life. Daily choices lead to a lifetime of success. If you take a step backward, don't stop. Just take two steps forward the next time! You can do it little by little.

Live well talks: Decide to join our FREE Healthy Hurst program, and start participating in the program. One way to join in is to attend our quarterly Live Well Talks. Our next one will be April 3rd, 2018 at the Hurst Public Library at 7 p.m. We will be learning ways to get that 2,000 calories burn for every fitness level in a fun interactive way, so you won't want to miss. It is perfect for the whole family to come and learn while moving together!

With Healthy Hurst, you have a lot of options to help you succeed in your goals this spring! We help you find options by offering great programs, education, resources, facilities and more! From working with a dietitian or personal trainer, reading the latest health book or magazine, or participating in education and motivational programs, your possibilities are numerous! Make sure to check out the city website, social media and on-site updates at each city facility, and enjoy learning more about the opportunities today!

Spring Sweet and Savory Salad with Chicken

Ingredients:

For the Salad: (organic when possible)

- 6 cups Spring Mix
- 1 cup Strawberries (sliced)
- 1 cup Red Grapes (halved)
- 1/2 cup Candied Walnuts (roughly chopped)
- 2 Tbsp Dried Cranberries (finely chopped)
- 1/4 cup Feta Cheese (crumbled)
- 6 oz grilled white meat chicken
- For the Dressing:
 - 1/4 cup Olive Oil
 - 3 Tbsp fresh lemon Juice
 - 2 tsp Honey (or organic Agave Nectar)
 - 1 tsp Dijon Mustard
 - Pinch pink salt



Directions:

- In a large, salad bowl, combine SPRING MIX, STRAWBERRIES, CHICKEN, GRAPES, CANDIED WALNUTS, CRANBERRIES, and FETA CHEESE.
- In another bowl or jar, combine OLIVE OIL, LEMON JUICE, HONEY, DIJON, and SALT; whisk or shake until thoroughly combined; chill until ready to toss with salad just before serving.

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Nutrition Facts: 1 cup is a serving: 237 cal, 7 g fat, 11g carb, 6g fiber, 15g protein



Healthy Hurst Live-Well Talks

Throughout the year, we are continuing our Healthy Hurst Live-Well Talks, and you're invited! This is a great opportunity if you're looking for some assistance in reaching your health goals in 2018. Join the city's wellness coordinator, Esther White, and Hurst Recreation personal trainer, Kyle Massingill, for some free health and wellness advice!

2nd: Thursday April 3, 7 p.m., Library

Spring into Spring with 3-15 minute fitness class demos

3rd: Thursday July 10, 7 p.m., Library

Aquatic/ basic life safety skills & demo

4th: Thursday October 2, 7 p.m., Library

Healthy Holidays cooking demo from Natural Grocers

Mosquito Control and Management

Controlling mosquito populations and reducing the risk for West Nile virus, Zika Virus and Chikungunya Viruses must be done on several fronts—education and prevention are at the forefront of those efforts. As we head into mosquito season, it's imperative that residents take steps to protect themselves and control mosquito populations at home.

The most important thing citizens can do to reduce the risk of exposure to West Nile virus is to eliminate mosquito-breeding areas around the home and limit exposure to feeding mosquitoes. Many female mosquitoes can lay 100-300 eggs on the surface of fresh or stagnant water every third night during its life span. Here are some simple things citizens can do to eliminate potential mosquito breeding sites around the home:

- Do not allow water to accumulate in the saucers of flowerpots, cemetery urns, or in pet dishes for more than two days.



- Get rid of tin cans, old tires, buckets, unused plastic swimming pools, or other containers that collect and hold water.
- Clean debris from rain gutters, remove standing water from flat roofs, and repair leaks around faucets and air conditioners.
- Change the water in birdbaths and wading pools at least once a week.
- Fill or drain puddles, ditches and swampy areas.
- Check for trapped water in plastic or canvas tarps used to cover boats or pools, and arrange the tarp to drain the water.

Make sure you also follow the Four D's.

- Use insect repellent containing DEET, picaridin or oil of lemon eucalyptus.
- Dress in long sleeves and long pants when you are outside.
- Stay indoors at dusk and dawn, when mosquitoes are most active.
- Drain standing water where mosquitoes breed. Common breeding sites include old tires, flowerpots and clogged rain gutters.

Spring will be here before we know it along with West Nile Virus. When Hurst sprays to kill mosquitos, we notify the area using our CodeRed Notification System. If you would like to be on that list, please sign up at hursttx.gov/codered.

For more information about mosquito control and management, visit hursttx.gov/fightthebite.



*Steve Moore
Hurst Chief of Police*

Chief Steve Moore

40-year career comes to a close as Hurst police chief enters retirement; reflects on advancements, successes

After a forty-year career working within the Hurst Police Department, the last ten years serving as your police chief, I will be retiring at the end of January. Growing up in Hurst and graduating from L. D. Bell High School, I have a strong commitment to this community and truly know it is a great place to live, work and raise a family.

I began my involvement with the police department at the age of 15 as a member of an Explorer Post. Getting to know the professional members of the department kindled my interest in a career in law enforcement. After my graduation from L.D. Bell High School, I stayed in touch with several officers and began working towards joining the department. I was hired as an animal control officer at the age of 20, and then selected as a police officer when I turned 21. Starting as a patrol officer allowed me to meet many members of the community, business owners and visitors to our city. The city was growing, as was the department. As I promoted within the department, I served as an investigator, a supervisor in patrol, then criminal investigation. My career as an investigator involved investigating a range of crimes, from minor theft to child abuse and murder cases. I continued to promote within the department until being selected as the police chief in 2008.

The department has made numerous advancements in technology, training and programs during my career. In 1977, there was no technology to speak of. Since that time, law enforcement has seen a tremendous advancement in technology. Now, squad cars are loaded with computers and in-car video systems, which are connected to body cameras. Advancements in crime scene techniques have helped us to solve crimes that would have been very difficult to solve in the past.

We work more collaboratively now with our surrounding cities to provide services at a reduced cost for all agencies involved, such as the joint SWAT Team with Euless, Bedford and Grapevine. The cities of Euless and Bedford have partnered with us in expanding our services to victims of crime and people with mental health issues. These programs could not be as successful if not with our partner agencies.

I want to express to all citizens of Hurst how much I appreciate you allowing me to serve as your police chief for the past ten years.

- Steve Moore



Severe Weather

Can you answer the following questions?

- When should you be the most prepared for severe weather?
- When does the city test the Outdoor Warning Sirens?
- What criteria does the city use to sound the Outdoor Warning Sirens?
- How are you notified when severe weather is imminent?

Hopefully you easily answered all the questions, because it could mean the difference between life and death. You should always be prepared for severe weather in Texas. Spring may have more opportunities, but you should be prepared year round by making sure your preparations are adequate for your needs. Hurst conducts an audible Outdoor Warning Siren Systems on the

first Wednesday at 1 p.m. (if there is clear to mostly clear skies). The criteria for sounding the sirens for actual events are as follows:

- National Weather Service issues a Tornado Warning or Severe Thunderstorm Warning with the phrase "Destructive winds in excess of 70 mph (or higher) are likely with this storm" for the Hurst area.
- Trained spotters have reported a tornado in Hurst, or in an area that has the potential to affect Hurst.
- Reported hail of 1.25" in diameter or greater
- Other emergencies as necessary

How are you notified when severe weather is imminent? We hope that you are not utilizing the Outdoor Warning

Siren system as your only means of warning. The sirens are designed to warn people who are outdoors, not indoors. There are multitudes of ways to be notified. Being aware of the weather forecast over a few days would be a good place to start, but also realizing that Texas weather can change very quickly (regardless of the forecast).

There are many applications for smart phones that can warn you about severe weather and there are the NOAA weather radios that broadcast warnings (and general weather information 24/7). Most of the available NOAA weather radios are programmable for the county you reside so that the number of warnings that are not applicable are greatly lessened.

If you would like more information, you can visit hursttx.gov, or call 817-788-7238.

Summer Essential Safety Tips

With summer right around the corner, many people are planning outings or vacations that focus on the outdoors and water. We wanted to offer a few tips on staying safe:

Sun Safety:

- Don't forget the sunscreen!
The Center for Disease Control recommends a broad spectrum sunscreen with a minimum of SPF 15. Make sure you apply to all exposed areas to ensure total coverage. Spray sunscreen sprays mainly in the air. Use a lotion to cover up, and don't forget to reapply often.
- Hats, sunglasses and long sleeves provide extra protection as well. Don't overlook the obvious – shade! Sit under a tree or umbrella for added protection.

Heat Safety:

- Drink lots of water, and when you're finished, drink one more glass. Sodas, tea, coffee, etc don't provide enough hydration on their own. Use lemon, lime or even cucumber to flavor your water.
- Limit strenuous activity to early morning or evening to avoid the hottest part of the day.
- Wear clothing appropriate for the heat that wicks sweat away from your body.

Water Safety:

- It cannot be stressed enough to maintain constant supervision of your child in the water. This includes lifeguarded pools. Lifeguards are there for the safety of the entire facility, but only you know your child. Watch for signs of becoming overtired and encourage them to take breaks. Use the break time to rehydrate and reapply sunscreen.
- Children and adults should wear U.S. Coast Guard approved lifejackets at all times on lakes, rivers, oceans; in any type of boat; and in pools if they cannot touch the bottom or cannot swim. USCG approved lifejackets have undergone and passed rigorous safety tests. Look for the seal with the approval number before you purchase a lifejacket.
- Enroll children in swim lessons. Swim lessons are designed to teach children how to swim in a way that is appropriate for their age and ability levels. Swim lessons should be repeated as needed. Swim lessons are not a substitute for supervisions. Even Olympic swimmers have someone to watch them swim.

Citizens Fire Academy

Begins Monday, April 2 // 6:30 p.m.

We're gearing up for the next Hurst Citizens Fire Academy! The ten-week class gives citizens the opportunity to see first hand what duties and responsibilities firefighters have. You will learn about the organization and operation of the Hurst Fire Department, fire prevention, disaster preparedness, emergency medical service, arson investigation, firefighting tactics and much more.

Fire Department personnel who possess a wide variety of skills, experience and training will provide the instruction. Citizens will have the opportunity to ask questions, discuss issues and learn many of the responsibilities firefighters have as a daily part of their job.

The 2018 Citizens Fire Academy will begin on Monday, April 2 at 6:30 p.m. at Fire Station #1, 2100 Precinct Line Road. A light supper is served at the beginning of each class.

Each week, you will have the opportunity to do hands on activities with rappelling, search and rescue, extrication and many more daily activities of firefighters. There is also the opportunity to ride out with the firefighters. For more information or to get an application, please call 817-788-7238.

Senior Center



Membership Information

Monday, Tuesday, Wednesday, Friday: 7:00AM–7:00PM // Thursday: 7:00AM–9:00PM

The Hurst Senior Activities Center is open to seniors only, ages 55 and over.

- Membership is required in order to use the Senior Center amenities or participate in activities and programs. (Occasionally, we will offer special programs that are open to the general public.)
- Membership is valid for one year and must be renewed annually.
- Membership includes many free classes, programs and activities, use of our state-of-the-art fitness room and access to aquatics programs. Please note that some classes and programs may require nominal fees.

Senior Center Membership Fees:

- Hurst Residents – \$20 per membership year. (Equivalent of about \$1.67 per month.)
- Nonresidents – \$80 per membership year. (Equivalent of about \$6.67 per month.)
- As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no-cost or low-cost membership through the Silver & Fit or Silver Sneakers program.
- In order to receive the Hurst resident rate, please bring your Hurst water bill, Hurst property tax statement or Hurst apartment lease and your photo ID as proof of residency.

Lunch Program

The Senior Center offers a weekly meal program called "A Quick Bite." On Tuesdays, for only \$5, you get a cup of the soup of the day, your choice of the entrée of the day or a sandwich with a bag of chips and a pickle. All lunches come with a dessert. Grab a friend, and stop by the Senior Center for "A Quick Bite!"

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete "A Quick Bite" menu selection slip. Payment is expected at the time of registration. Registration can be made any time prior to 10 a.m. on Tuesdays. Reservations will not be accepted after 10 a.m. No exceptions.
- The kitchen staff and volunteers cannot take payments. Please pay for lunch at the front counter and obtain a receipt. The receipt is only valid for the date lunch was purchased. No refunds or rain checks for lunches will be issued.
- Quantities may be limited and may sell out before 10 a.m.
- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. To-go boxes are not available.
- Due to health code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick-up on Tuesdays between noon and 12:30 p.m. Lunches not picked up by 12:30 p.m. must be discarded.

Donor Board

Did you know that you can give to the Senior Center Donation Fund? Donations are used to purchase non-budgeted items for the Senior Center. Donations are recognized through the Donor Board located on the east side wall of the building next to the staff offices. A plaque inscribed with your choice of inscription (space limited) will be placed on the board based on the following levels of donation:

- **Bronze – \$250**
- **Gold – \$1,000**
- **Silver – \$500**
- **Platinum – \$2,000+**

For more information or to make a donation, contact the Senior Center Director Linda Rea at 817-788-7710.

Contact Information

700 Heritage Circle
Hurst, TX 76053
817-788-7710

The Social Media Connection

Did you know that the Hurst Senior Activities Center is now on Facebook? Stay up to date on current happenings, find pictures of recent events and more! Follow us, like us and share us: @HurstSeniorActivitiesCenter

Registration Policy

Registration is required for most scheduled classes, activities and programs. Registration opens the first business day of each month at 8 a.m. and continues throughout the month. You must have an active Senior Center membership or day pass in order to register for classes. Any applicable fees must be paid at time of registration unless otherwise noted. Save time and register online by visiting the Senior Center website: <http://www.hursttx.gov/residents/senior-services>. To get started with online registration, you will need to visit the Senior Center to activate your account.

Senior Center Advisory Board

Chair: **Marcy Davis**
Vice Chair: **Gerald Grieser**
Doris Young, Bob Hampton, John Smith, Joan Stinnett, Barbara Albright, Durwood Foote and Marie Perry

Senior Center Staff

HSAC Director: **Linda Rea**
Activities Supervisor: **Michelle Varley**
Administrative Assistant: **Laura Gore**
Activities Assistant: **Linda Provence**
Front Desk Attendants:
Debbie Broseh
Diana Conway
Tammy McDonald
Jorji Northrop
Gayle Stevens

Senior Center Upcoming Events & Classes

Here are just a FEW of our upcoming special events. (You must be a member to participate. Sign-up and fees may be applicable.)



Breakfast Club

Wake up and get up to the Senior Center for a hearty breakfast! Each month features a different breakfast entrée, from a fresh made Belgian waffle to gravy and biscuits or tasty breakfast enchiladas. Check the Senior Pipeline for the breakfast entrée of the month. Breakfast is served with juice, coffee and fresh fruit.

8:00-9:00AM // Wednesday // 2/28 // \$4

8:00-9:00AM // Wednesday // 3/28 // \$4

8:00-9:00AM // Wednesday // 4/25 // \$4

Soup and Salad for Lunch

Come to the Senior Center for lunch! Enjoy a hearty bowl of soup and a healthy salad hosted by Green Valley Healthcare & Ellory Arbor Memory Care. Soup and salad will be available on the 2nd Thursday of each month for only \$3 per person.

11:30AM-12:30PM // Thursday // 2/8 // \$3

11:30AM-12:30PM // Thursday // 3/8 // \$3

11:30AM-12:30PM // Thursday // 4/12 // \$3

Social Ballroom Dance Lessons for Beginners

Mark and Susan O'Brien are seasoned dancers and instructors. They have performed throughout the Metroplex, the Texas State Fair, Oklahoma Follies and other venues. They will be bringing this special 8-week class series to HSAC. Classes begin February 2 and continue through March 30. \$40 per individual participant; \$48 per couple. One-time fee is paid at time of registration and is for the entire class series. Please note that class on March 16th is cancelled. No refunds or credit for missed classes. Registration for this class will open January 2. \$40/single; \$48/couple

11:15AM-12:15PM // Friday // 2/2-3/30 // \$40-48

Health and Nutrition Workshop

Eat Smart, Live Strong is a three-part series of classes designed to get a fresh start to a healthier you! Join Tiffany from Texas A&M AgriLife Extension Service for LIVE cooking demonstrations. Learn how to make a healthy version of an Italian favorite, skillet lasagna, and a smoothie that everyone will enjoy. Free samples and recipes for all attendees. Attend all 3 classes and receive a FREE cooking gadget! There is a class minimum that must be met, so please register in advance in order to ensure class makes. Registration will open January 18th for this class only. FREE!

1:00 - 2:00PM // Monday // 2/5 // FREE

1:00 - 2:00PM // Monday // 2/12 // FREE

1:00 - 2:00PM // Monday // 2/19 // FREE

Old Country Music Show

Come to dance or just listen to "Now 'n Then" also known as Andy and Wade as they entertain with an "Old Country Music" show. Expect a visit from "Willie and Julio" singing "To All The Girls I've Loved Before" and Roger Miller's "King of the Road" as well as other favorite country dance songs. Take a trip down memory lane during the show while you enjoy a "Moon Pie" and a Coke. FREE!

2:00-3:00PM // Friday // 2/16 // Free

Life Science Lecture

The Fort Worth Museum of Science and History is bringing their Discovery Lab on Wheels program to the Senior Center. This special presentation is called "What's for Dinner" and will discuss herbivores, omnivores, carnivores, predators and prey. Educators from the Museum will bring specimens from their teaching collection to enhance the learning experience. Free!

10:00-11:00AM // Wednesday // 2/28 // Free

Matter of Balance

Award winning program designed to manage falls and increase activity levels. Learn practical strategies to reduce the fear of falling and increase your activity. Reduce fall risk factors by understanding your environment and how you can change it, and how to gain strength and balance through exercise. Minimum of 10 participants for class to make. Must commit to 8 weeks of classes. Classes begin on March 19 and go through May 14 (class is canceled on March 26. Sponsored by Tarrant County Public Health. Please sign up in advance.

11:00AM-1:00PM // Monday // 3/19-5/14 // Free

Health Benefits and Business Expo

Get to know local businesses and the service and products they provide. Receive healthy living tips, screenings, opportunities for community involvement and more. Door prizes to be given away throughout event. The Health, Benefits & Business Expo is open to the public, so invite your friends age 55+ to attend.

10:00AM-Noon // Thursday // 3/22 // Free

Senior Center Fitness Classes

(You must be a member to participate. Sign-up and fees may be applicable.)

Ladies Fashion Show and Luncheon

It's all about the girls today! Fashion show is facilitated by Taylor Marie's Mobile Fashions. Stacy the Jewelry Lady will be set up in the front lobby so you can shop for accessory needs. Fashion show is FREE! Luncheon (Appetizer; Assorted Salads; Dessert; Strawberry Lemonade) is \$5 per person and reservations must be made in advance. Lunch starts at 11:15, Fashion Show at 12:15 p.m.

11:00AM-1:00PM // Friday // 4/20 // \$5 for lunch

Document Shredding

Start your spring cleaning by clearing out your old files. Bring your papers and documents to the Senior Center to be shredded. All shredded material is securely recycled. By participating, you will save trees, water, landfill space, oil and electricity! FREE!

10:00AM-Noon // Friday // 4/27 // Free

AARP Driver Safety Training

Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Consult your agent for insurance discount availability upon course completion. AARP membership is not required. \$15 for AARP members and \$20 for non-members. Fees due at time of class, please have exact change or check, no credit cards. Bring your driver's license. Space limited. Sign up at front desk. Instructor: John Chreno.

8:30AM-12:30PM // Thursday // 4/26 // \$15-20

Winstar Trip

It's time for our annual trip to Winstar! A chartered deluxe motor coach will pick you up and drop you off at the Senior Center. Senior Center membership is not required, so friends and family are welcome to join us. We should arrive at Winstar in plenty of time for you to enjoy the free Senior Breakfast at the Gran Via Buffet. Registration opens April 2 and will close April 27. You must sign up in advance. Please plan to arrive early for departure as the bus will leave promptly at 8 am. No refunds unless trip minimum is not met.

8:00AM-6:00PM // Wednesday // 5/2 // \$30

Aquatics Classes

Purchase a 5 class Punch Card for \$20. Come when it's convenient for you. No worries about missing a class. (Card only applies to instructor led aquatics classes.)

Silversneakers Splash!

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination. Fees are waived for SilverSneakers members this class only. Instructor: Rosy Pritchett

10:00 - 10:55AM // MW // Punch Card

Aqua Zumba

This class is perfect for those looking to add a low-impact, high-energy aquatic exercise to their fitness routine. Benefits include less impact on your joints during class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Instructor: Rosy Pritchett

11:00 - 11:55AM // MW // Punch Card



Water Wellness

A great water workout if you have sore or tight joints, lower back pain, balance issues, or general aches and pains. Come try this gently paced water wellness class to ease your symptoms.

Instructor: Off the Deep End Aquatics

10:00 - 10:55AM // TTh // Punch Card

Work it in Water

This class will help you improve your cardio strength, endurance, and muscle tone. Aqua weights, noodles, and kick boards, along with your own body weight will be used to maximize your workout. Instructor: Off the Deep End Aquatics

11:00 - 11:55AM // TTh // Punch Card

Unstructured Water Time

Use of the pool for unstructured water time is available on FRIDAYS in two 55 minute increments. Water noodles and kick boards are available for your use. Inflatable flotation devices are prohibited. \$5/month per session.

10:00 - 10:55AM // F // \$5

11:00 - 11:55AM // F // \$5



Senior Center Fitness Classes

(You must be a member to participate. Sign-up and fees may be applicable.)

Group Fitness

Registration for our Group Fitness is required on a per month basis. Registration opens on the first business day of the month. Class fees range from \$2.50 to \$5 for a single class. Most classes meet weekly, averaging four times per month.

Ageless Grace

A program that works on all 5 functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. **Instructor: V'Ann Giuffre**

10:30 - 11:15AM // W // 4WKS // \$10

Tai Chi

Chinese system of slow meditative exercise designed for relaxation, balance, and health. **Instructor: Chot Pham.**

9:00 10:00AM // W // 4WKS // Free



Non-Contact Boxing

A great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. This class is designed with Parkinson's patients in mind, but anyone can benefit from the exercise and is welcome to participate. **Instructor: Rosy Pritchett**

4:00 - 4:45PM // W // 4WKS // \$10

9:00-9:45AM // F // 4WKS // \$10

Fit Start | Exercise

Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Encompasses movements to strengthen the upper body and core, increase flexibility, and improve cardio health and stamina.

Instructor: Jeri Worl

9:00 - 10:00AM // T // 4WKS // \$10

9:00 - 10:00AM // Th // 4WKS // \$10

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Includes use of hand-held weights, elastic tubing and balls for resistance. A chair is available if needed for seated or standing support. Fees are waived for SilverSneakers members this class only. **Instructor: Debbie Melchiorre/Rosy Pritchett.**

8:00 - 9:00AM // M // 4WKS // \$10

5:00 - 6:00PM // T // 4WKS // \$10

8:00 - 9:00AM // W // 4WKS // \$10

5:00 - 6:00PM // TH // 4WKS // \$10

Zumba Gold

This class is designed for active older adults that like to move! Easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Benefits include cardiovascular, muscular conditioning, flexibility and balance. **Instructor: Rosy Pritchett/Kalyn Worthey**

10:30 - 11:15AM // T // 4WKS // \$16

10:30 - 11:15AM // W // 4WKS // \$16

Senior Center Fitness Classes

(You must be a member to participate. Sign-up and fees may be applicable.)



Yoga

Strengthen on Your Mat

A core strengthening class that combines pilates, basic exercise moves, and yoga.

Instructor: Rosy Pritchett

10:00 - 11:00AM // F // 4WKS // \$10

Hatha Yoga

Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. **Instructor: Tyler Kuelbs/Aimee Larson**

2:30 - 3:30PM // T // 4WKS // FREE

Chair Yoga

A practice that modifies yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. **Instructor: Tyler Kuelbs/Aimee Larson**

3:45 - 4:45PM // T // 4WKS // FREE

Gentle Yoga

Incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. **Instructor: Rachel Cowley**

1:00 - 2:00PM // M // 4WKS // \$16

Relax, Renew, Restore

Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort.

Instructor: Michelle Varley

3:30 - 5:00PM // F // 2/2 // \$5

3:30 - 5:00PM // F // 3/2 // \$5

3:30 - 5:00PM // F // 4/6 // \$5

Art Exhibits

Artwork created by BISD's special needs students will be on display during the normal operating hours of the Senior Center, March 5 - 9. Exhibit is open to the public. Senior Center members can plan to meet the students and the teachers on Tuesday, March 6 at a special come and go reception, 4 - 6 p.m.

Our very own artists from the Hurst Senior Activities Center will be on exhibit throughout the facility for the month of January and February. Enjoy the work of our members that they created in one of our many art classes including Multi-Media Painting, Pastel Painting, Art Addicts and You Can Paint with Oils. Artists will also be exhibiting their personal work done outside of the Senior Center. Depending on the artist, some artwork will be for sale. Art will be on display beginning January 2 - February 28.



Echo Hills Park and Playground Update

Echo Hills Park received a facelift in the fall resulting in a new pavilion roof and picnic tables, replacement of cedar railings along the trail, and the most noticeable, a brand-new playground!

The city hosted a grand opening on December 2. Members of the Hurst City Council and Hurst Parks and Recreation Board were present to cut the ribbon, officially welcoming all to the new playground. Many neighbors attended and enjoyed coffee and donuts, visited with staff from Neighborhood Services, and participated in drone demonstrations by Hurst Police and Fire Departments.

The city's playground replacement program is part of the Transforming Hurst initiative. The funding is from the Half-Cent Sales Tax Fund and the Park Donation Fund. It is part of the city's commitment to redevelopment projects focusing on neighborhood revitalization. The playground meets the American with Disabilities standard for inclusivity and accessibility.

PLAYGROUND FEATURES

- A 5-12 year old unit with a net climber, rock wall, a boulder wall, and six slides
- A 2-5 year old unit with slides and climbing areas
- Several ground level interactive features
- An Omnitri Net, which is a mega climbing net.
- The swing bay has two "expression swings" where parents can swing with their young child, and belt swings for independent swinging.

Employee Giving Day

Employee Giving Day is one of our favorite ways to show kindness to our neighbors! Our city council established this program 20 years ago, and we've been able to work on over 80 homes in Hurst! Work on homes primarily consists of landscaping, clean up, scraping and painting. Many of our area businesses donate funds and supplies needed for this event, and city employees provide the labor. We are proud of the work our employees do, and we appreciate all of our local businesses that make this event possible each year!

This year's Annual Employee Giving Day will be April 20, and we're on the lookout for our neighbors who need some assistance. For more



information on how you can get involved, or to nominate your home or someone you know for consideration, visit hursttx.gov/egd, or call Michelle at 817-788-7055.

CodeRED

The City of Hurst uses the CodeRED Emergency Notification System to notify the entire city or only the affected areas about emergency situations in a matter of minutes. The system is available to all Hurst residents free of charge.



To sign up for, visit hursttx.gov/CodeRED.



Aquatics Recruitment

Looking for a summer job where you can have fun making new friends while also helping people? We want YOU to work with us this summer! Both Chisholm and Central Aquatics Centers are hiring for Summer 2018. **Visit page 54 for the scoop!**

Volunteers in Action

A volunteer is defined as "a person who voluntarily offers himself or herself for a service or undertaking; a person who performs a service willingly and without pay." Wow! Our volunteers are the best!

Our VIA program provides citizens of Hurst with an opportunity to make valuable contributions toward improved services. They provide the city with an alternative to the funding of additional personnel and limits the effects of ever-increasing workloads on existing staff. What an invaluable and rewarding service! Volunteering truly can be uplifting and energizing! Plus, you just might make new friends.

The city has several positions to choose from. Find out more about our wonderful VIA program by visiting hursttx.gov/via.



Good Neighbor Day

Each spring, we offer our Good Neighbor Day Cleanup Event! On April 21 and 28, you can bring your used motor oil, cooking oil, gas, antifreeze pesticides, herbicides, old batteries, old computers, electronic devices, tree limbs, scrap metal and most any kind of trash or junk around the house in need of disposing. Please note that we will not be accepting pharmaceuticals of any kind at this event or future events, however, our Police Department offers a 24-hour free drop off for pharmaceuticals. As always, no tires, explosives, compressed gas or contractor related business debris will be accepted. We are happy to offer document shredding again this year. Protect yourself from identity theft, and gather up all of those personal papers you have been meaning to have destroyed, and watch them

be shredded right before your eyes! There is a five box per customer limit, and we ask that you remove all metal from folders, hangers or files prior to delivery to prevent delay in this process.

We are currently looking at a different location and time for our Good Neighbor Day Cleanup events. We've always held the events at the Bellaire Shopping Center, but since we want to support the businesses and continue to revitalize that area, we are going to find a new location. Check back on our website for the official details closer to the event! You can also call the Environmental Services Department at 817-788-7217 for more information.

HURSTTX.GOV

Did you know that you can find anything on our website quickly with our search tool? We've made this search tool available throughout your visit to hursttx.gov!

We understand it can be difficult to distinguish which department might handle your issue or question. When we redesigned our website, we made the search bar available on our home page as a large and easily identifiable tool. Type in anything you are interested in learning more about. The results are displayed as clickable links that take you

immediately to your requested information.



On each interior page you'll find a magnifying glass icon to the right of the main navigation menu, the blue menu at the top of each page. This is also a search tool!

So no matter where you are in our site, you can easily get to a second destination by simply searching. Happy surfing!





Heritage Village Presents

Heritage Village presents is a series of FREE events held at Heritage Village Plaza in the spring and fall. Heritage Village Plaza is located in Southwest Hurst at 841 W. Pipeline Road. The City of Hurst invites you to attend our first event for Spring 2018 – our Grand Family Picnic!

Look for more information on our upcoming events in the next *Where We Live* issue or the city's website, Facebook page and mobile app.

Grand Family Picnic – Wednesday, March 14; 11 a.m.-2 p.m.

Bring your lawn chairs or a blanket, and come enjoy this outdoor event for the whole family! The fun in the park begins at 11 a.m. with free games and activities. The entertainment continues with a performance by Trout Fishing in America at noon.

The first 600 participants in line will receive a FREE box lunch provided by In-N-Out Burger! Afterwards, enjoy a

complimentary cupcake courtesy of the City of Hurst.

For more information, contact Community Services at 817-788-7305.

Save the Date!

April 27 – Concert in the Park

May 31 – Summer Kick Off

Citizen Survey

Information impacts city budget, services – redevelopment priority for city goals

Each year, the City of Hurst engages in our Strategic Planning Process to determine priorities for the upcoming budget. This process allows the city council to evaluate community needs and assess their impact on the city's budget while also helping the city determine which services to provide and at what level they are offered. One critical factor that affects the strategic planning process is our annual citizen survey.

We ran the latest survey during the month of January in order to report the results at our annual Town Hall Forum in March. We will evaluate how responses have changed over the past year and take information from the Town Hall Forum to effectively develop a strategic plan to guide the budget process. These survey results are direct feedback and information that is critical to developing council's priorities that staff uses to develop the proposed budget.

We are excited about the opportunity to continue to provide high quality services to our citizens. We sincerely appreciate



all who have responded to our surveys now and in the past. The responses we receive help us develop a budget that meets the needs of our community today and tomorrow.

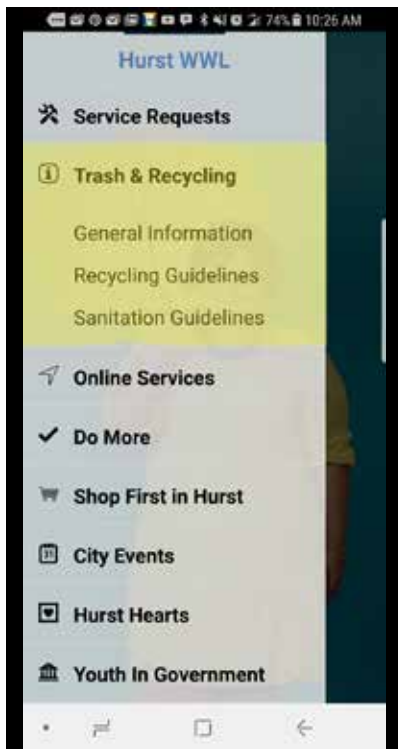
We hope to see you at the Town Hall Forum on March 1!

Town Hall Forum

Our annual Town Hall Forum is coming up on March 1, and you're invited! This free event is open to the public and features presentations on current and future projects throughout the city. Utility companies will also

be on site to meet with citizens. Light refreshments will be served, and parking is complimentary. We hope you'll join us on March 1 from 6 to 8 p.m. at the Hurst Conference Center!

Our Mobile App Keeps Getting Better!



We are always striving to improve services for Hurst residents! That's why we've added trash and recycling information as a new feature to our Where We Live mobile app. We realize there are times you aren't sure if an item is recyclable, or maybe a holiday is coming and you want to find out if it affects your pick up day. Who wants to sit down at the computer to find that information? Now you don't have to! Get this information at any time right in the palm of your hand.

Don't forget, you can submit a request for service with our app, complete with a photograph. Your request will be routed to the appropriate staff member, and you will receive notification when the issue is updated or resolved.

You can learn more about our mobile app by visiting hursttx.gov/mobileapp. Download it today by visiting the iTunes or Google Playstore and search "Hurst Where We Live."

#HURSTHEARTS

The other day, my six year old son accidentally let two of his birthday balloons go, and they got stuck in a tree. Two boys saw my son running after them and decided to stop and use a big stick in order to get them out of the tree. Not only did they get them out, but they then brought them to our house. This warmed my heart and was one of the kindest things I've witnessed in a long time.

— Jennifer E.

We love this Hurst Hearts story that Jennifer shared with us! If you have a story of kindness that you would like to see featured on our social media pages or in this magazine, submit your story using #hursthearts in your post, through our mobile app Where We Live or on our website at hursttx.gov/hursthearts. Thanks for continuing to spread kindness throughout our community!

Hurst Public Library

901 Precinct Line Road, Hurst, TX // 817-788-7300 // www.HurstTX.gov/Library



Ongoing Adult Programs

AARP Tax Assistance

Visit the library to set up your appointment.

Noon-4:00PM // Tuesdays // 2/6-4/17

Adult Games, Games, Games!

Come be a part of game night at the library! Play Scrabble, cards, Settlers of Catan, Ticket to Ride and more! Or bring your own game to share!

7:00PM // First Thursday // 3/1-5/3

Brown Bag Book Club

First Thursday of the month at noon in the library reading alcove.

Join us for an informal book discussion.

March - *The Glass Castle* by Jeanette Walls

April - *Be Frank With Me* by Julia Claiborne Johnson

May - *Bridge Ladies* by Betsy Lerner

Cinema Thirteen Film Series

Ages 13+ // Every other Saturday at 3PM

Every other Saturday afternoon we'll be showing a special film for your enjoyment on the big screen. Children under the age of 13 will need parental accompaniment or permission. Free popcorn will be served! Please check the library calendar and website for upcoming movie details.

March - '80s Classics

April - Foreign films

May - Musicals

Ongoing Youth Programs

Chess Club

Elementary School Ages + // 4:00-5:00PM // M

Story Time

3 - 6 Years // 10:45-11:15AM // T

Toddler Time

1 - 3 Years // 10:00-10:30AM // M & TH



Monday, Wednesday, Friday, Saturday: 10:00AM-6:00PM // Tuesday, Thursday: 10:00AM-9:00PM

Libraries Rock! Summer Reading Club 2018 – Registration begins May 1

Books bring music to your life, and Hurst Public Library is the place to find books! Join the Summer Reading Club for reading fun, prizes, and lots of special events. Registration begins May 1. Rack up your reading minutes after you've registered through July 31. Special weekly programs and prize distribution begin the week of June 4. Come to the library to register or register online at

hursttx.gov/library.

The fun continues May 31 with Hurst's Summer Activities Kick-Off at Heritage Village Plaza from 6-8 pm featuring a concert by Vocal Trash at 7 pm. Bring a picnic dinner and enjoy free inflatables, ice cream treats, and more!

You are also invited to come to one of the joint events to register and celebrate summer reading:

HEB Reads – Saturday, May 5, 10 am – 1 pm at Pennington Field in Bedford

Birdville ISD Reads – Saturday, June 2, 9 am – 12 pm at the Fine Arts/Athletic Complex in NRH

Both of these collaborative events will have a wide variety of activities, food, and information about what's happening this summer at the various participating libraries in the area.

Teen Zone

Chess Club

Students of all ages through high school
4:00-5:00PM // M

Spring Break Crafternoons

6th - 12th Graders

Staying home for spring break? Don't let FOMO get you down! Come to the library every afternoon for cool DIYs even your jet-setting friends will be jealous of.

4:00-5:00PM // 3/12 - 3/16

Teen Gaming Marathon

6th - 12th Graders

Join us for an evening of Xbox One, Wii U, and board games. Refreshments will be provided to keep up your strength!

7:00-8:30PM // TH // 4/12

Teen Innovation Panel

Teens ages 14-18

Earn volunteer hours for school by planning teen programs, contributing ideas to the library's collection, and helping to make the library more teen friendly. Application is required to join.

7:00-8:00PM // TH // 3/15

7:00-8:00PM // TH // 4/19

7:00-8:00PM // TH // 5/17

Teen Night

6th - 12th Graders

The first Thursday of the month is your time to hang at the library. Discover what we've planned just for you!

7:00-8:00PM // TH // 3/1

7:00-8:00PM // TH // 4/5

7:00-8:00PM // TH // 5/3

Teen Trivia: Sherlocked

6th - 12th Graders

Join fellow teen trivia buffs for a friendly game-show contest. Prizes awarded for 1st, 2nd, and 3rd place!

7:00-8:00PM // TH // 5/10

Teen Tech Week Scavenger Hunt

6th - 12th Graders

Familiarize yourself with the library's digital resources, learn about technology, and celebrate YALSA's Teen Tech Week with the TTW Scavenger Hunt! Completed scavenger hunts will be entered into a raffle at the end of March.

3/1 - 3/31

Hurst Public Library



Youth Programs

Babygarten

Babies, Birth to 18 Months, with Caregiver

Babygarten is an educational curriculum involving songs, rhymes and activities that help babies with language acquisition and preliteracy skills. Space is limited, so please register at 817-788-7302.

Wednesday Sessions

10:30-11:30AM // W // 4/4-5/9

Saturday Sessions

10:30-11:30AM // S // 3/31-5/12 (except 5/5)

Puppets Plus Workshop

4th - 8th Graders

Are you interested in different kinds of puppets? Or maybe readers' theater? Would you like to work with other kids interested in performing a variety of skits for special library programs this spring and summer? Now is your chance - come give it a try! Call 817-788-7302 to register.

4:00-5:00PM // T // 3/6, 3/20

4:00-5:00PM // T // 4/3, 4/17

4:00-5:00PM // T // 5/1, 5/15

Spring In for a Movie

For all ages

Make movie matinees part of your spring break each week day with a bonus showing on Saturday. Enjoy a family favorite on the big screen complete with free popcorn provided by the Friends of the Library.

2:00PM // 3/12-3/17

Streaming Stories

Family story time

A selection of stories, a smattering of science, a creative component - experience stories in many different ways and not just with your eyes and ears!

7:00PM // **Animal Friends** // T // 3/13

7:00PM // **Under the Sea** // T // 4/10

7:00PM // **Creepy Crawlies** // T // 5/8

Teddy Bear Picnic

For ages 4-11

Bring your favorite stuffed friend—bear or not!—to the library for an indoor picnic. Refreshments, stories, and other activities round out a special afternoon spent with friends, human and not! Reservations are required and will be taken at the Youth Services Desk starting Monday, April 16. Call 817-788-7302 to reserve your seat. BONUS: If you can be without it for one night, bring your stuffed friend to the library any time between 10 am and 6 pm on Friday, April 27, for a stuffed animal slumber party at the library (no kids allowed!); reconnect with your friend at the picnic and get pictures of the goings-on experienced the night before.

3:00-4:00PM // S // 4/28



Programs for All Ages

Dementia Live™ — Experience Life with Dementia

Dementia Live™ is a high-impact dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.

Who should attend?

- Family members and caregivers of those living with Alzheimer's disease or other forms of dementia,
- Friends and neighbors of those living with Alzheimer's disease or other forms of dementia,
- Anyone who wants to better understand dementia and how it impacts our community.

This experience takes just 30 minutes and you will need to reserve your time in advance. Call 817-788-7301 to reserve your time.

Dementia Live is a program of AGE-u-cate® Training Institute located in Colleyville, Texas

4:00-7:00PM // TH // 4/1

Make and Take Craft

Stop by our table for a FREE seasonal craft for you to make and take home with you.

This craft is for all ages, but our younger library friends may need help from an adult or older sibling.

6:30-7:30PM // TH // 3/8

Evening Masterworks at the Library

For All Ages

Evening Masterworks at the Library

MasterWorks Music Series is an ongoing concert series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast. These free concerts are held at 7:00 pm the 4th Thursday of each month at the Hurst Public Library.

March 22 - The Texas Gypsies

April 26 - North Central Ballet



Retirement Goals Whiteboard Class

For All Ages

Retirement Goals - Get information and education that can bring you peace of mind with your savings and retirement. This is your opportunity to get your most pressing questions about your financial future answered and to help you get started on the right path to achieving your retirement goals.

Will I outlive my money?

How do I protect assets from market volatility? Inflation?

How can I legally reduce my Social Security and required minimum distribution income taxes?

How can I potentially turn even a small IRA into huge asset for my children or grandchildren?

Call 817-788-7301 to register for this class.

10:00AM // S // 3/24

Classes begin the week of March 19

(unless otherwise indicated)



HURST RECREATION CENTER

It's time to "Spring into Fitness," with the Hurst Recreation Center

As the winter slumber comes to an end, nature begins to wake up and come alive. After all, spring is nature's way of saying "Let's go!" Are you looking for motivation to get active? Join the "Spring Movement," and let the Hurst Recreation Center be your catalyst for improving your personal health, wellness and fitness, and overall quality of life. You can schedule a session with our personal trainers to formulate a custom-designed fitness plan, or you can explore on your own!

Enjoy exercising in a group setting? There are numerous fitness classes you can participate in, helping you reach your fitness goals. Looking for some one-on-one training? You can also schedule a session with one of our personal trainers to formulate a custom-designed fitness plan to meet your needs.

The Fitness Center has all the equipment you need to get a complete workout. The Cardio Room is equipped with treadmills, elliptical crosstrainers and lateral trainers, all of which have individual television screens that will allow you to watch your favorite TV show while you workout. You can also use your iPod to listen to your favorites or enjoy our new HDTVs while using not only our treadmills and ellipticals, but our bikes, stairclimbers, rowing machines and seated crosstrainers as well. There is something for everyone! And

any complete fitness program includes a strength training regimen. We have an extensive selection of machined weights and plate-loaded strength equipment, as well as dumbbells and flexibility equipment. For more information on any of our activities or classes, contact the Recreation Center 817-788-7325.

Come and enjoy our activities and programs: 100's of classes, shoot some hoops with your friends, enjoy a game of racquetball, volleyball or pickleball, use the jogging/walking track to get some exercise, or work out in our state-of-the-art fitness center. Equipment for all activities are available for check out with your "Quality of Life" Rec Card at the front desk of the Recreation Center.

Our Commitment to Quality

Your satisfaction is our goal. We strive to provide you with quality recreation programs, and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational and lifelong learning opportunities. If you are not completely satisfied with your recreational experience, please call us at 817-788-7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.



Hours of Operation

Monday–Thursday // 6:30AM–10:00PM

Friday // 6:30AM–6:00PM

Saturday // 9:00AM–6:00PM

Sunday // 1:00PM–6:00PM

Contact Information

700 Mary Drive
Hurst, TX 76053
817-788-7325

* Members ages 12-13 must have an adult present at all times to use the Fitness Rooms. Members ages 12-15 must provide proof of age when registering for a Youth Fitness Pass.

Recreation Center Fees

Hurst Residents

Daily Pass: **\$2**

Youth Annual Pass (6-15 Years):
\$20 Per Year

Youth Fitness Annual Pass (12-15 Years):
\$50 Per Year

* 12-13 Years must have adult supervision

Adult Annual Pass (16-64 Years):
\$50 Per Year

Senior Annual Pass (65+ Years):
\$20 Per Year

Family Annual Pass:
\$125 Per Year

Replacement Card Fee: **\$5**

Non-Hurst Residents

Daily Pass: **\$10**

Youth Annual Pass (6-15 Years):
\$80 Per Year

Youth Fitness Annual Pass (12-15 Years):
\$200 Per Year

* 12-13 Years must have adult supervision

Adult Annual Pass (16-64 Years):
\$200 Per Year

Senior Annual Pass (65+ Years):
\$80 Per Year

Family Annual Pass:
\$400 Per Year

Replacement Card Fee: **\$5**

Help Us Help You!

Please Enroll Early

Help us keep your favorite classes around by enrolling early. There is a point when a class must be canceled due to low enrollment. Help us prevent class cancellations by registering early!

3 Years and Younger Programs



Awesome Twos

2 Years // Supply fee \$10

Let's get together and play! We will learn our shapes and colors, create crafts, and just have a blast playing and learning at the same time!

Instructor: Dottie Nicholson

12090-A

9:00-9:45AM // M // 8WKS // 3/19 // \$37



Happy Feet

2 Years

Let's get those feet tapping and those bodies moving! We will have fun with music and movement while working on the development of our gross motor skills.

Instructor: Dottie Nicholson

12095-A

9:00-9:30AM // F // 8WKS // 3/23 // \$35

Little Painters

2 - 3 Years // Supply fee \$5

Let the artist in your child shine through! We'll create masterpieces using finger paints, stencils, sponges, and even rocks!

Instructor: Dottie Nicholson

12333-A

10:00-10:30AM // M // 8WKS // 3/19 // \$35



3 Years and Younger Programs

Little Tyke Soccer

2 - 3 Years // Tennis shoes required

GGG000AAALLL! You will get your feet running and learn the basics of the world's most popular sport.

Instructor: Stacie Castillo

12600-A

9:00-9:30AM // F // 8WKS // 3/23 // \$35

Numbers and Letters for Little Ones

2 - 3 Years // Supply fee \$5

Come create fun projects to help with letters and number concepts. We will use multi-sensory activities and crafts to develop these skills.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12123-A

9:00-10:00AM // T // 8WKS // 3/20 // \$39

Parent Tot Soccer

1 - 2 Years // Tennis shoes required

Time to not only play with your tot, but get some exercise as well! We will learn the basics of soccer and how to make a G0000000AAAAALLLLL! **One child per parent.**

Instructor: Stacie Castillo

12700-A

8:30-9:00AM // F // 8WKS // 3/23 // \$35

GYMNASTICS

Parent/Tot Tumbling

16 - 36 Mos // One Child Per Parent

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling and coordination.

Instructor: Tammy Slovensky

32040-A

9:30-10:00AM // T // 8WKS // 3/20 // \$35

32040-B

11:30AM-Noon // T // 8WKS // 3/20 // \$35

32040-C

9:30-10:00AM // W // 8WKS // 3/21 // \$35

32040-D

9:30-10:00AM // TH // 8WKS // 3/22 // \$35

Instructor: Jennifer Shafer

32040-E

9:30-10:00AM // F // 8WKS // 3/23 // \$35



»»» Please Remember

In order to provide the best learning environment, children ages 3 and up must be toilet-trained.

GYMNASTICS

Tiny Tykes

2.5 - 3.5 Years

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling and coordination.

Instructor: Tammy Slovensky

32030-A

10:00-10:30AM // T // 8WKS // 3/20 // \$35

32030-B

10:00-10:30AM // W // 8WKS // 3/21 // \$35

32030-C

10:00-10:30AM // TH // 8WKS // 3/22 // \$35

32030-D

11:30AM-Noon // TH // 8WKS // 3/22 // \$35

Instructor: Jennifer Shafer

32030-E

9:30-10:00AM // F // 8WKS // 3/23 // \$35

Spring Fling Fun

18 Mos - 2 Years // Supply fee \$10

Let's use music to get our creativity flowing and make spring crafts! We will use instruments, paints, scissors and glue to create beautiful masterpieces and instruments.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12015-A

9:00-10:00AM // W // 8WKS // 3/21 // \$39

»»» Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.

3 Years and Older Programs



Ballet for Tots

3 - 5 Years

In this class your tot will become familiar with basic barre and center work. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Ballet shoes required.)

Instructor: Rachel Vankleef

12180-A

4:55-5:25PM // M // 8WKS // 3/19 // \$35

12180-B

4:30-5:00PM // T // 8WKS // 3/20 // \$35

Butterfly and Fairy Fun

3 - 5 Years // Supply fee \$10

Come enjoy the whimsical world of butterflies and fairies! We will create crafts, jewelry and more! On the last day of class, we will dress up and embark on a special adventure!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12110-A

9:45-10:30AM // TH // 8WKS // 3/22 // \$37

3 Years and Older Programs



Cooking for Fun

3 - 6 Years // Supply fee \$10

Let's learn about different foods and how to prepare them for us to enjoy!

Instructor: Dottie Nicholson

12250-A

10:45-11:30AM // F // 8WKS // 3/23 // \$37

Creative Healthy Chef

3 - 5 Years // Supply fee \$10

Calling all preschoolers to the kitchen for some fun! Come learn how to create a healthy breakfast, lunch and dinner.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12170-A

11:15-Noon // W // 8WKS // 3/21 // \$37

Dinosaurs

3 - 6 Years // Supply fee \$10

You think you know your dinosaurs? Learn about new ones! These are some of the coolest dinos to ever roam the Earth, but you may not have heard of them!

Instructor: Dottie Nicholson

12699-A

9:45-10:30AM // F // 8WKS // 3/23 // \$37

Exploring Insects

3 - 5 Years // Supply fee \$5

Come discover insects that live in our backyards. We will discover how they look, and move, and what they eat.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12002-A

9:00-9:45AM // TH // 8WKS // 3/22 // \$37

Hotwheelers

3 - 6 Years // Supply fee \$10

Vroom! Vroom! Calling all car enthusiasts for a fun time playing, crafting, stories and games all about cars!

Instructor: Dottie Nicholson

12140-A

10:45-11:30AM // W // 8WKS // 3/21 // \$37

How Does Your Garden Grow?

3 - 6 Years // Supply fee \$10

Do you wonder how a seed turns into a plant? Let's find out together as we plant seeds and see what happens! We will learn about plant life and how they grow.

Instructor: Dottie Nicholson

12075-A

10:45-11:15AM // M // 8WKS // 3/19 // \$35



Interactive Storytime

4 - 6 Years

Have fun with reading and comprehensive activities.

Instructor: Karen Wieland

1 Week Class // Supply fee \$3

Princess Peppa & the Royal Ball

12900-A

9:00-10:00AM // MW // 1WK // 3/19 // \$10

Little Monster

12901-B

10:15-11:15AM // MW // 1WK // 3/19 // \$10

Simmer & Shine Magic Carpet Race

12902-C

9:00-10:00AM // TTh // 1WK // 3/20 // \$10

Dooby Dooby Moo

12903-D

10:15-11:15AM // TTh // 1WK // 3/20 // \$10

4 Week Class // Supply fee \$5

Wild Kratts-Wild Winter Creatures

12910-A

9:00-10:00AM // MW // 4WKS // 3/28 // \$30

Various Stories

12911-B

10:15-11:15AM // MW // 4WKS // 3/28 // \$30

Various Stories

12912-C

11:30-12:30PM // MW // 4WKS // 3/28 // \$30

Wild Kratts-Wild Animal Babies

12913-D

9:00-10:00AM // TTh // 4WKS // 3/27 // \$30

Various Stories

12914-E

10:15-11:15AM // TTh // 4WKS // 3/27 // \$30

Various Stories

12915-F

11:30-12:30PM // TTh // 4WKS // 3/27 // \$30

3 Week Class // Supply fee \$5

National Geographic's Weather

12920-A

10:15-11:15AM // MW // 3WKS // 4/23 // \$20

National Geographic's Planets

12921-B

11:30-12:30AM // MW // 3WKS // 4/23 // \$20

3 Years and Older Programs

Let's Paint

3 - 6 Years // Supply fee \$5

We'll create masterpieces using finger paints, stencils, sponges, and even rocks!

Instructor: Dottie Nicholson

12115-A
10:00-10:30AM // W // 8WKS // 3/21 // \$35

Little Tyke Basketball

4 - 6 Years // Tennis shoes required

Dribbling, passing, and shooting are all part of the basics of basketball. Let's give it a try!

Instructor: Stacie Castillo

12335-A
10:00-10:30AM // F // 8WKS // 3/23 // \$35

Little Tyke Soccer

3 - 6 Years // Tennis shoes required

GGGGOOAAALLL! You will get your feet running and learn the basics of the world's most popular sport.

Instructor: Keely Castillo

(3 - 4 Years)
12600-B
5:00-5:30PM // W // 8WKS // 3/21 // \$35

(5 - 6 Years)
12600-C
9:30-10:00AM // F // 8WKS // 3/23 // \$35

Manners

3 - 6 Years // Supply fee \$10

Need help in the manners department? We will focus on good manners needed in different situations.

Instructor: Dottie Nicholson

12160-A
9:00-9:45AM // W // 8WKS // 3/21 // \$37

Phonics Fun - Step 1

3 - 4 Years // Supply fee \$10

Have fun with letters and numbers! We will make alphabet and number crafts. This class will help your child learn how to put words together and count.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12030-A
9:00-10:00AM // M // 8WKS // 3/19 // \$39

Phonics Fun - Step 2

4 - 5 Years // Supply fee \$10

This class is for students who know their letters and sounds. It is time to look at different picture cards and know what letter the picture starts with. Students will be able to hear and recognize the letters. We will create little phonics readers!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12035-A
10:00-11:00AM // M // 8WKS // 3/19 // \$39



GYMNASTICS

Pre-Gymnastics

4 - 6 Years

For the student who is in transition between Tots and a regular gymnastics class. To continue working on the discipline required to build the muscular endurance and flexibility needed to advance. (Tots moving up must enroll in Pre-Gym class first.)

Pre-Gym I
(4 - 5 Years)

Instructor: Jazmine Duff

32033-A
5:00-5:30PM // M // 8WKS // 3/19 // \$35

Pre-Gym II
(5 - 6 Years)

Instructor: Cyndi Duff

32033-B
11:40AM-12:30PM // W // 8WKS // 3/21 // \$37

Instructor: Jazmine Duff

32033-C
4:30-5:30PM // T // 8WKS // 3/20 // \$37

32033-D
4:30-5:30PM // TH // 8WKS // 3/22 // \$37

Preparing for Kindergarten

4 - 5 Years // Supply Fee \$5

We're here to help your little one prepare for the expectations of the new world of kindergarten! Students will learn things like safety, following directions, how to ask for help, how to hold a pencil and many more!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12800-A
10:15-11:15AM // T // 8WKS // 3/20 // \$39

3 Years and Older Programs

Pre-School Athletics

4 - 8 Years // Tennis shoes required

Let's get moving with athletics! We will follow a typical PE format including individual skills as well as team interaction.

Instructor: Tammy Slovensky

12300-A

11:30AM-Noon // W // 8WKS // 3/21 // \$35

Science Fun

3 - 6 Years // Supply fee \$10

Create some fun experiences using science, and learn more about our earth. (Supply fee \$10)

Instructor: Dottie Nicholson

12206-A

11:30AM-Noon // M // 8WKS // 3/19 // \$35

Super Powers

3 - 5 Years // Supply fee \$10

This class is for heroes! Let's learn how and why our superheroes get their powers. We will study their secrets and their connection with physics.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12025-A

10:15-11:00AM // W // 8WKS // 3/21 // \$37

Tap for Tots

3 - 5 Years // Supply fee \$5

In this class your tot will become familiar with many of the single sound tap moves. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Tap shoes required)

Instructor: Rachel VanKleef

12065-A

5:25-5:55PM // M // 8WKS // 3/19 // \$35

12065-B

5:00-5:30PM // T // 8WKS // 3/20 // \$35

Please Remember

In order to provide the best learning environment, children ages 3 and up must be toilet-trained.

Tiny Dancer

3 - 5 Years

Your tiny dancer will learn tap, ballet and rhythmic movements. (Ballet and Tap shoes required)

Instructor: Sherri Longino

12060-A

5:15-5:45PM // TH // 8WKS // 3/22 // \$35

GYMNASTICS

Tumbling Tots I

3 - 4 Years

Your tot will strengthen motor skills and enhance their coordination while learning tumbling skills and the use of all gymnastics equipment.

Instructor: Tammy Slovensky

32011-A

10:30-11:00AM // T // 8WKS // 3/20 // \$35

32011-B

10:30-11:00AM // W // 8WKS // 3/21 // \$35

32011-C

10:30-11:00AM // TH // 8WKS // 3/22 // \$35

Instructor: Jennifer Shafer

32011-D

10:30-11:00AM // F // 8WKS // 3/23 // \$35

GYMNASTICS

Tumbling Tots II

4 - 5 Years

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

Instructor: Tammy Slovensky

32022-A

11:00-11:30AM // T // 8WKS // 3/20 // \$35

32022-B

11:00-11:30AM // W // 8WKS // 3/21 // \$35

32022-C

11:00-11:30AM // TH // 8WKS // 3/22 // \$35

Instructor: Jennifer Shafer

32022-D

11:00-11:30AM // F // 8WKS // 3/23 // \$35



3 Years and Older Programs



Ready for Kindergarten PREP PROGRAM

4 - 5 Years // Supply fee

This program is designed to prepare your student for Kindergarten. The program meets Monday-Thursday from 8:30 a.m. - 2:30 p.m and is an on-going program following the HEB ISD School Calendar.

The class is structured like Kindergarten and prepares your child for their big step into formal education. The goal is to help each child develop a love of learning in a safe and caring environment. This program follows the Frog Street Press curriculum. The children are exposed to reading, writing, math and science.

Our teacher, Anne Stokes, graduated from Indiana University with a B.S. in Education majoring in Elementary Education and a minor in Early Childhood Education and Reading. She has taught Kindergarten and first grade in the Dallas/Ft Worth area. However, her true calling is Pre-schoolers and began teaching this program in 2011.

The monthly fee is due by the first class of each month. If the fee is not paid by the first class of the month, the child is not able to participate in class. The class is limited to 14 children and is a school year commitment. A \$25 supply fee is due to the instructor quarterly on March 1.

Instructor: Anne Stokes (Experienced and Certified School Teacher – B.S. in Education in Elementary Education and a minor in Early Childhood Education and Reading.)



March

11050-C

8:30AM-2:30PM // M-TH // 3 WKS // 3/1 // \$260

May

12050-B

8:30AM-2:30PM // M-TH // 4 WKS // 5/1 // \$360

April

12050-A

8:30AM-2:30PM // M-TH // 4 WKS // 4/2 // \$340

Youth Programs

Adventures in Art

6 - 12 Years // Supply fee \$10

Let's have fun with art through drawing, sculpting and fiber arts! In this class we will explore art in many different ways.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

22050-A

1:00-1:45PM // W // 8WKS // 3/21 // \$37

Around the World –
Homeschool Geography

6 - 12 Years // Supply fee \$10

Explore the world with food, games and fun facts!

Instructor: Dottie Nicholson

22100-A

3:00-3:45PM // T // 8WKS // 3/20 // \$37

Ballet & Tap I

5 - 10 Years // Ballet and Tap shoes required

You will learn tap, ballet and rhythmic movements.

Instructor: Sherri Longino

(5 - 10 Years)

22120-A

6:15-6:45PM // TH // 8WKS // 3/22 // \$35

Basketball 101

7 - 12 Years // Tennis shoes required

Dribbling, passing and shooting are all part of the basics of basketball. Let's give it a try!

Instructor: Stacie Castillo

22101-A

6:00-6:30PM // W // 8WKS // 3/21 // \$35

GYMNASTICS

Beginner Boys Gymnastics

7 - 11 Years

For the student who has no gymnastics experience to the student who does have gymnastics experience. To build strength, endurance, and flexibility to be able to perform basic skills needed and/or skill advancement through lead up drills and progressions. (Tots moving up must enroll in a Pre-Gym class first.)

Instructor: Cyndi Duff

32083-A

4:40-5:30PM // M // 8WKS // 3/19 // \$39

32083-B

11:40AM-12:30PM // TH // 8WKS // 3/22 // \$39



GYMNASTICS

Beginner Girls Novice
Gymnastics

7 - 12 Years

For the student who has little or no gymnastics experience or some all-around gymnastics knowledge (floor, bars, beam & vault) but still needs work on form and technique. To build the confidence, strength, endurance, and flexibility required to perform basic gymnastics skills through lead up drills and progressions. (Tots moving up must enroll in a Pre-Gym class first.)

Instructor: Cyndi Duff

(7 - 12 Years)

32062-A

5:30-6:20PM // M // 8WKS // 3/19 // \$39

32062-B

4:40-5:30PM // T // 8WKS // 3/20 // \$39

32062-C

9:00-9:50AM // W // 8WKS // 3/21 // \$39

32062-D

9:00-9:50AM // TH // 8WKS // 3/22 // \$39

32062-E

4:40-5:30PM // TH // 8WKS // 3/22 // \$39

Instructor: Jazmine Duff

(7 - 9 Years)

32062-F

5:30-6:20PM // M // 8WKS // 3/19 // \$39

31062-G

5:30-6:20PM // T // 8WKS // 3/20 // \$39

31062-H

5:30-6:20PM // TH // 8WKS // 3/22 // \$39

Youth Programs

GYMNASTICS

Dancenastics

7+ Years

This is a combination dance, tumbling, and acrobatic class. Students will be building strength, endurance and flexibility to learn skills in each format through lead up drills and progressions. Skills learned will be set to choreography and performed to music. (Biketard required)

Instructor: Cyndi Duff

32066-A

7:00-8:00PM // TH // 8WKS // 3/22 // \$39

GYMNASTICS

Girls Beginner I Gymnastics

7 - 12 Years

For the student who has some gymnastics knowledge but still needs work on form and technique. To continue building strength, endurance, and flexibility to continue learning the basic skills needed for skill advancement through lead up drills and progressions. (Must have previously participated in Girls Novice or Girls Beginner I.)

Instructor: Cyndi Duff

(7 - 12 Years)

32090-A

5:30-6:20PM // T // 8WKS // 3/20 // \$39

32090-B

10:40-11:30AM // W // 8WKS // 3/21 // \$39

32090-C

10:40-11:30AM // TH // 8WKS // 3/22 // \$39

32090-D

5:30-6:20PM // TH // 8WKS // 3/22 // \$39

Instructor: Jazmine Duff

(7 - 9 Years)

32090-E

6:30-7:20PM // T // 8WKS // 3/20 // \$39

32090-F

6:30-7:20PM // TH // 8WKS // 3/22 // \$39

GYMNASTICS

Girls Beginner II Gymnastics

7 - 12 Years

For the student who has participated in all-around gymnastics. To continue building strength, endurance, and flexibility for skill advancement through lead up drills and progressions. (Must have previously participated in Girls Beginner I or Girls Beginner II)

Instructor: Cyndi Duff

32070-A

6:30-7:20PM // T // 8WKS // 3/20 // \$39

32070-B

9:40-10:40AM // W // 8WKS // 3/21 // \$39

32070-C

9:40-10:40AM // TH // 8WKS // 3/22 // \$39

32070-D

6:30-7:20PM // TH // 8WKS // 3/22 // \$39

GYMNASTICS

Girls Intermediate Gymnastics

7 - 12 Years

For the student who has mastered USAG Novice-Level 2 skills in all-around gymnastics. To continue building strength, endurance and flexibility for skill advancement through lead up drills and progressions. (Must have previously participated in Girls Beginner II)

Instructor: Cyndi Duff

32073-A

7:10-8:00PM // T // 8WKS // 3/20 // \$39



Youth Programs

Bizarre Creatures of the Deep

6 - 12 Years // Supply fee \$10

Go deep under the ocean surface to find out more about the bizarre creatures that live in the fathoms below. Such as, the blob fish or the newly discovered Ghost Shark, just to name a few. They are weird but true!

Instructor: Dottie Nicholson

22987-A

4:00-4:30PM // T // 8WKS // 3/20 // \$35

Cheerleading

5 - 9 Years

Here's your first step in learning to be a cheerleader. You will learn basic motions, jumps, and cheers. Please wear comfortable shorts, t-shirt, tennis shoes, and wear your hair pulled back.

Instructor: Rachel VanKleeef

22180-A

5:30-6:00PM // T // 8WKS // 3/20 // \$35

Creative Healthy Chef

6 - 12 Years // Supply fee \$10

Come learn how to create a healthy breakfast, lunch and dinner.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

22060-A

12:15-1:00PM // W // 8WKS // 3/21 // \$37

Exploring Our Environment

6 - 12 Years // Supply fee \$10

Students will perform hands on activities about living and non-living things.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

22000-A

1:45-2:30PM // W // 8WKS // 3/21 // \$37



Finding Your Voice

6 - 13 Years // Supply fee \$6

We will encourage young people to give back to their community by identifying needs, planning and then executing a service project. Students will work on developing plans and giving speeches.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

22440-A

12:30-1:15PM // M // 8WKS // 3/19 // \$37

Girls Volleyball
Beginners Basics

7 - 12 Years // Tennis shoes required

Do you have an interest in playing volleyball? We will learn the basics to get you started.

Instructor: Stacie Castillo

22035-A

6:30-7:00PM // W // 8WKS // 3/21 // \$35

Guitar for Youth

8 - 11 Years

You will learn to play songs using a number tab system and be introduced to note reading and chords. We will practice technique exercises for both hands to develop independence, agility and strength. (Appropriate size guitar is required. Electronic clip-on tuners are suggested. Parents are welcome to participate.)

Instructor: Jan Ryberg

22020-B

4:30-5:15PM // M // 8WKS // 3/19 // \$70

Guitar Prep

5 - 8 Years

We will practice basic muscle memory, pitch and rhythm exercises laying the groundwork for good guitar technique. You will learn basic songs. (1/2 size guitar and parent participation is required.)

Instructor: Jan Ryberg

22020-A

3:45-4:15PM // M // 8WKS // 3/19 // \$70

Private Guitar Lessons

All ages

Are you looking to develop your existing guitar skills? Or are you a beginner wanting the basics of playing? Private guitar lessons are now available! Private sessions can be scheduled on Tuesdays, from 6 to 9:30 p.m. and on Saturdays, from 1 to 4 p.m. Contact the Hurst Recreation Center to schedule lessons.

Instructor: Jan Ryberg

45 minute lesson: \$30

Youth Programs



Hippity-Hop Dance

5 - 8 Years

Interested in hip-hop dance? We will keep it fun and creative while learning basics.

Instructor: Sherri Longino

22333-A

5:45-6:15PM // TH // 8WKS // 3/22 // \$35

»»» Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.

Interactive Storytime

7 - 9 Years // Supply fee \$5

Have fun with reading and comprehensive activities!

Instructor: Karen Wieland

22600-A

The Thrills and Chills of Amusement Parks
9:00-10:00AM // MW // 8WKS // 4/23 // \$20

22600-B

Secrets of American History
9:00-10:00AM // TTh // 8WKS // 4/24 // \$20

22600-C

National Geographic's Robots
10:15-11:15AM // TTh // 8WKS // 4/24 // \$20

22600-D

National Geographic's Meteors
11:30AM-12:30PM // TTh // 8WKS // 4/24 // \$20

Karate/Self-Defense

5 - 15 Years

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

(Beginner 8-15 years)

22111-A

6:00-8:00PM // M // 8WKS // 3/19 // \$45

(Beginner 5-7 years)

22111-B

4:00-5:00PM // MW // 8WKS // 3/19 // \$45

(Advanced 8-15 years)

22111-C

5:00-6:00PM // MW // 8WKS // 3/19 // \$45

Youth Programs



Kitchen Chemistry

6 - 13 Years // Supply fee \$10

Let's learn how matter changes form! Explore properties of matter, acids and bases. We will use every day items and ingredients found in the kitchen to perform tests!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

22450-A

1:15-2:00PM // M // 8WKS // 3/19 // \$37

Movin Groovin

6 - 12 Years

We will get the blood moving with physical education! Tennis shoes required.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

22222-A

2:00-2:45PM // M // 8WKS // 3/19 // \$37

Olympic Sport of Judo

5 - 13 Years

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from an 11-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class with new students starting on the first Monday of the month.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

March

21900-C

6:00-7:00PM // MW // MONTHLY // 3/5 // \$40

April

22900-A

6:00-7:00PM // MW // MONTHLY // 4/2 // \$40

May

22900-B

6:00-7:00PM // MW // MONTHLY // 5/7 // \$40

Youth Programs

Painting Fun

6 - 12 Years // Supply fee \$10

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

22090-A

5:15-6:00PM // T // 8WKS // 3/20 // \$37

Soccer Skills

7 - 12 Years // Tennis shoes required

Are you looking to improve your soccer skills? Grab your athletic shoes and ball, and let's get started! We will go over your basic skills and begin working on more advanced skills.

Instructor: Stacie Castillo

22500-A

5:30-6:00PM // W // 8WKS // 3/21 // \$35

Yes, I Can Draw!

5 - 12 Years // Supply list

Yes, you can draw! You will learn how to draw using drawing pencils, colors and paper.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

22118-A

4:30-5:15PM // T // 8WKS // 3/20 // \$37



Adult Programs



Personal Training Package

One-Hour Session \$60 // Eight Sessions \$400

Become the best version of you! Begin your transformative journey and receive the guidance and accountability required to reach your goals and beyond. Sessions are set by appointment.

Your Personal Trainer provides the know-how and inspiration for all these areas and more:

- 60 Minute Customized one-on-one training session
- Individualized meal plans
- Nutrition counseling
- Full access to exclusive World Changing Fitness workout database
- Biweekly evaluation and progress checks
- Individual accountability
- 24/7 access to World Changing Fitness Personal Trainer for any questions and information
- Life changing results!

Instructor: Kyle Massingill (Certified Master Trainer)

NEW CLASS!

Group Training Package

One-Hour Session \$25 per person

Receive the benefits of working out with a personal trainer while training with your friends, family or coworkers and staying within your budget! Group training builds relationships and strengthens accountability. Sweat together, achieve together, celebrate together. Sessions are set by appointment.

Group sessions include:

- 60 Minute Group Workout
- Meal planning
- Nutrition counseling
- 24/7 access to World Changing Fitness Personal Trainer for any questions and information
- Incredible results!

The minimum for group training is 2 people and the maximum is 5.

Instructor: Kyle Massingill (Certified Master Trainer)

Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)

Nutrition Counseling

One-Hour Session \$55 // Three Sessions \$130

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders and general wellness. All evaluations are done by appointment.

Instructor: Esther White (MS, RD, LD)

Personal Training

One-Hour Session \$41 // Five Sessions \$172

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. Sessions are set by appointment.

Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)

The Power Package

By Appointment Only // Four Sessions \$145

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes two sessions focused on nutrition with a customized diet plan and two sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$145 for four sessions. All evaluations are done by appointment.

Instructors: Esther White (MS, RD, LD) and Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)

Adult Programs

A Simplified Space— Organization Skills

18+

We only get 24 hours a day, so let's make the most of it! Getting organized and efficient in your space can be challenging, but we're here to help. This 8 week course will cover closets, kitchens, kids rooms, garages while learning how to simplify your space and cut the chaos! You may sign up per topic for \$15 each, or all eight for \$100.

Instructor: Rochelle Ross

All 8 Classes:

42700-A

10:00-11:00AM // T // 8WKS // 3/20 // \$100

Organizing Basics:

42700-B

10:00-11:00AM // T // 1WK // 3/20 // \$15

Kitchen:

42700-C

10:00-11:00AM // T // 1WK // 3/27 // \$15

Master Bedroom & Closet:

42700-D

10:00-11:00AM // T // 1WK // 4/3 // \$15

Kid's Rooms:

42700-E

10:00-11:00AM // T // 1WK // 4/10 // \$15

Garage:

42700-F

10:00-11:00AM // T // 1WK // 4/17 // \$15

Paper Management:

42700-G

10:00-11:00AM // T // 1WK // 4/24 // \$15

Memories Organizing:

42700-H

10:00-11:00AM // T // 1WK // 5/1 // \$15

Get Free People – Simplify & Purge!:

42700-I

10:00-11:00AM // T // 1WK // 5/8 // \$15

Belly Dance – Step 1 I.T.S. Foundations

Adults and Mature Teens 13+

Whether you have been dancing all your life and taken other belly dance classes, or are just starting out in dance, this class is for you! In this class you will learn the basics of Improv Tribal Style belly dance (ITS) with an introduction to the fundamentals of tribal movement, partner work, isolations, strength-building and drills for muscle memory. Geared toward the new student, but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the Tribal Evolution troupe format. This is a low-impact dance class suitable for all body types and ages.

Instructor: Tiffany Skalberg

42200-A

7:00-8:00PM // T // 8WKS // 3/20 // \$56

Belly Dance – Step 2 More I.T.S.

Adults and Mature Teens 13+

Take your newfound belly dance skills and challenge yourself at this next step in your dance explorations. In this class the emphasis is on refinement. We will cover more complex drills and improv combinations, building on what you have learned in the Foundations class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dance. *This class is best used in combination with Step 1 ITS Foundations as there is no breakdown of the foundation steps. Please complete at least one session of Step 1 before registering for Step 2.*

Instructor: Tiffany Skalberg

42224-A

8:00-9:00PM // T // 8WKS // 3/20 // \$56



Belly Dance – Step 3 Take It to the Stage

Adults and Mature Teens 13+

Now that you have perfected your dance skills in Step 1 and Step 2, you are ready to create a performance. This class will focus on taking your ITS vocabulary and making it show-worthy by adding props, staging and interaction with a band. You will also learn to use props such as the veil, skirt, sword and zills. *Please complete at least one session of Step 1 and 2 before registering for Step 3.*

Instructor: Tiffany Skalberg

42222-A

9:00-9:45PM // T // 8WKS // 3/20 // \$40

Adult Programs

Belly Dance - Tribal Evolution

This class covers the unique Improv Tribal Style of Tribal Evolution Belly Dance Company. This class is a professional performance-level class that will teach you to include props, musical interpretation, musician interaction, staging and show layout.

Instructor approval required.

Instructor: Tiffany Skalberg

42226-A

7:30-9:00PM // TH // 8WKS // 3/22 // \$46

Boot Camp

12+ Years

Today's the day to achieve the goal you have been putting off. Come early and then have your whole day to be proud of what you accomplished that morning. Boot camp is for everyone. You will get help getting past those plateaus, achieve your goals and get to be a fitter YOU! Come tone and tighten with a variety of workouts including core strength, stability ball, weights, steps, circuits, interval training and much more. Decide today that YOU ARE WORTH IT!

Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)

41420-C : March

6:35-7:35AM // MW // MONTHLY // 3/5 // \$30

42420-A : April

6:30-7:35AM // MW // MONTHLY // 4/2 // \$30

42420-B : May

6:35-7:35AM // MW // MONTHLY // 5/2 // \$30

Brush and Palette

Supply List

Express your talent through the art of oil painting! Basic strokes, color mixing and application will be covered.

Instructor: Elaine Roosz

42110-A

6:30-9:00PM // T // 8WKS // 3/20 // \$50

Cardio & Tone Boot Camp

Ages 16+

Are you struggling finding the time to fit in your cardio and strength/toning goals? Join this boot camp/circuit class to improve your cardiovascular health and muscle tone.

Instructor: Angela Pond (Certified Personal Trainer)

42005-A

6:50-7:30PM // TH // 8WKS // 3/22 // \$45

Cycle Circuit

Bring Water, Towel & Determination!

Want to crank up your workout, metabolism and energy? Come join us for a blend of cycle and circuit training, perfect for fitness at any level.

Instructor: Angela Pond (Certified Personal Trainer)

42300-A

5:45-6:45PM // T // 8WKS // 3/20 // \$42

Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

Instructor: Karen Cowley

42010-A

8:30-9:15AM // MTThF // 8WKS // 3/20 // \$30



NEW CLASS!

Extreme Endurance

Ages 16+

This class is a unique blend of cross fitness type training, endurance, core strengthening and calisthenics designed to make you work harder than you have in any other class you have ever attempted! Come prepared to push the limits of your own body and mind.

Instructor: Kyle Massingill (Certified Master Trainer)

41030-C : March

9:00-9:55AM // S // MONTHLY // 3/3 // \$35

42030-A : April

9:00-9:55AM // S // MONTHLY // 4/7 // \$35

42030-B : May

9:00-9:55AM // S // MONTHLY // 5/5 // \$35

NEW CLASS!

Fitness Camp

Ages 16+

This high intensity boot camp is a complete body workout, mixing a variety of traditional military style exercises and today's popular equipment based workout. This camp is designed to improve physical strength, flexibility, posture and enhance mental awareness. Workouts will take place outside, using kettlebells, ropes and tires, and is simply a blast!

Instructor: Kyle Massingill (Certified Master Trainer)

41080-C : March

5:30-6:15AM // TThF // MONTHLY // 3/1 // \$50

42080-A : April

5:30-6:15AM // TThF // MONTHLY // 4/3 // \$50

42080-B : May

5:30-6:15AM // TThF // MONTHLY // 5/1 // \$50

Flow and Strength

Come challenge yourself to grow in flexibility, strength and calmness using yoga and pilates influenced movement to improve your health.

Instructor: Esther White (MS, RD, LD)

42060-A

12:10-12:50PM // MW // 8WKS // 3/19 // \$42

Adult Programs

Guitar

Ages 13+

You will learn to play songs using a number tab system and be introduced to note reading and chords. We will practice technique exercises for both hands to develop independence, agility and strength. We will learn songs using finger-picking, flat-picking and classical techniques. (Guitar is required.)

Instructor: Jan Ryberg

42888-A: Beginner

5:15-6:00PM // M // 8WKS // 3/19 // \$70

42888-B: Intermediate

6:00-6:45PM // M // 8WKS // 3/19 // \$70

Guitar - Ensemble

Ages 13+

This class is for students who can read standard music notation in the first position, or have a dedication to learning notes. Some chord knowledge is preferred but not required. We will be learning ensemble pieces in many different styles and students will be encouraged to bring in their own arrangements and compositions. We will have a performance at the end of the winter.

Instructor: Jan Ryberg

42999-A

7:30-9:00PM // M // 8WKS // 3/19 // \$70

Guitar - Private Lessons

Are you looking to develop your existing guitar skills? Or are you a beginner wanting the basics of playing? Private guitar lessons are now available! Private sessions can be scheduled on Tuesdays, from 6 to 9:30 pm and on Saturdays, from 1 to 4 pm. Contact the Hurst Recreation Center to schedule lessons.

Instructor: Jan Ryberg

45 minute lesson: \$30

Hatha Yoga

Learn about connecting your mind, body and breath with the practice of yoga. Build strength, flexibility, mobility, stability and balance to improve your overall health and wellbeing. (Eat nothing 2 hours prior to class and bring a yoga mat.)

Instructor: Benny Zavala (Certified Yoga Instructor)

42100-A

10:15-11:15AM // M // 8WKS // 3/19 // \$48

42100-B

10:15-11:15AM // W // 8WKS // 3/21 // \$48

42100-C

10:15-11:15AM // F // 8WKS // 3/23 // \$48

Hurst Hustlers Running Club

Come join runners, joggers and walkers of all levels for a challenging workout using hills, speed work, distance and drills. You will learn how to run and how to stay injury free all while having fun! This is the perfect way to make friends and meet your running goals.

Instructor: Esther White (MS, RD, LD)

42001-A

6:15-7:15PM // M // 8WKS // 3/19 // \$37

NEW CLASS!

Mom & Me Mixxed Fit

Toddlers/Walkers – Adult

Ready to get fit while having fun? This class will break a sweat and bring a smile to your face! Mixxed Fit is a people inspired dance fitness program incorporating explosive movements and boot camp toning. Come share the love of music and dance with your little one as you make memories, have a great workout and laugh together with the latest and greatest Kidz Bop hits your child will love.

Instructor: Chantelle Williams (Former Dallas Mavericks Dancer)

42400-A

9:00-10:00AM // MF // 8WKS // 3/23 // \$75 pair

(Additional children \$25 each)

Olympic Sport of Judo

Ages 14+

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from an 11-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class. New students start the first Monday of the month.

Instructor: Kim Mesa (5th degree Black Belt and certified USA Judo International Coach)

41800-C : March

7:00-8:30PM // MW // MONTHLY // 3/5 // \$40

42800-A : April

7:00-8:30PM // MW // MONTHLY // 4/2 // \$40

42800-B : May

7:00-8:30PM // MW // MONTHLY // 5/7 // \$40

Pilates

Ages 16+

Pilates is a form of exercise when practiced with consistency, will improve flexibility, posture and balance. This class will strengthen your core while developing control and endurance in the entire body.

Instructor: Rosy Pritchett (Certified Personal Trainer and Fitness Instructor)

42977-A

11:45AM-12:45PM // TTh // 8WKS // 3/20 // \$45



Adult Programs

Puppy Training

Puppies 8-18 weeks

This is a 6 week course that includes ALL THINGS PUPPY! Learn how to deal with normal puppy behaviors such as jumping, nipping, chewing and digging. Your puppy will learn proper socialization techniques and get started on basic manners.

All training is 100% force free and based on proven behavioral science. Puppies will learn how to make the correct decisions through a series of educational relationship building games.

Handlers should be 7 years or older (children to be accompanied by an adult). Proof of vaccinations is required; please attach a copy with registration.

Instructor: Wendy Dek (Certified Dog Obedience Trainer)

42090-A

9:00-10:00AM // S // 6WKS // 3/24 // \$165

Basic Puppy Obedience

Puppies 18 weeks+

This is a 7 week course – week 1 WITHOUT your dog. Learn how to teach your dog basic manners and obedience, such as "sit", "down", "stay", "come" when called and "leave it" (that doesn't belong to you). Puppies will also learn loose leash walking as well as some fun tricks that help build your relationship with your dog.

All training is 100% force free and based on proven behavioral science.

Handlers should be 7 years or older (children to be accompanied by an adult). Proof of vaccinations is required; please attach a copy with registration.

Dogs that show aggressive tendencies during class will not be allowed. If your dog has already shown aggression, please contact the trainer before enrolling in this class.

Instructor: Wendy Dek (Certified Dog Obedience Trainer)

42095-A

10:30-11:30AM // S // 7WKS // 3/24 // \$175



Scaravelli Yoga

Learn to elongate and extend comfortably into poses by using gravity and your breath. This user-friendly style of yoga will teach you how to relax. Please bring a blanket to class.

Instructor: Julie Vela (Certified and Registered with Yoga Alliance)

42100-E

8:15-9:15PM // W // 8WKS // 3/21 // \$40

Scaravelli Yoga – Intermediate

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses. Please bring a yoga mat and a blanket to class.

Instructor: Julie Vela (Certified and Registered with Yoga Alliance)

42100-D

7:05-8:05PM // W // 8WKS // 3/21 // \$40

Slim It Out, Tone It Up

Join us for a fun, challenging and fast-paced workout that uses different moves and equipment to target every muscle in your body. You will walk out with a smile on your face and a little sweat on your shirt!

Instructor: Esther White (MS, RD, LD)

42015-A

6:35-7:25AM // TTh // 8WKS // 3/20 // \$42

42015-B

12:10-12:50PM // TTh // 8WKS // 3/20 // \$42

Spin and Sweat

Join us for spinning! Turn the basics of cycling into a great cardio workout that burns calories and fat. Get ready to work hard and sweat like crazy!

Instructor: Angela Pond (Certified Personal Trainer)

42444-A

9:00-9:45AM // T // 8WKS // 3/20 // \$45

42444-B

5:45-6:30PM // TH // 8WKS // 3/22 // \$45

Adult Programs



Total Body Workout

Ages 16+

The most efficient way to burn calories and gain strength due to the variety of movements and exercises that are integrated into each session. Total body workout is a time saving way to keep your body burning fat for hours! Additionally your cardiovascular endurance increases as you keep your heart rate up!

Instructors: Rosy Pritchett (Certified Personal Trainer and Fitness Instructor)

41600-C : March
6:45-7:30AM // TTh // MONTHLY // 3/6 // \$30

42600-A : April
6:45-7:30AM // TTh // MONTHLY // 4/3 // \$30

42600-B : May
6:45-7:30AM // TTh // MONTHLY // 5/1 // \$30

Zumba

Ages 14+

This class can only be described as FUN! If you want to party, laugh and have a great time while you lose unwanted inches, come and join us! It's the Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party. Feel the music and let loose. Each class is a whole new set of dancing and fun.

Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)

42065-A
6:00-6:55PM // MW // 8WKS // 3/19 // \$48

Tri City Promenaders

Did you know that the Tri City Promenaders offers square dance lessons at Brookside Center on Tuesday nights from 7:30-9:30 p.m.? Drop by and give it a try! Email tricitypromenaders@gmail.com for more information.

Zumba Toning

Ages 16+

Come learn the basic techniques of Zumba in this energizing fitness class by getting your groove on! This is a great way for all ages to get started in Zumba or if you need a lower intensity. We'll use the musical maraca-sounding toning sticks to bump up the workout by adding resistance. It's great for the mind, body and soul!

Instructor: Rosy Pritchett (Certified Personal Trainer and Fitness Instructor)

42050-A
7:30-8:25AM // TTh // 8WKS // 3/20 // \$45



Registration Policy

Walk-in registration beginning on **Monday, February 12**, at **7:00 a.m.** is open only to those participants who are Hurst residents and reside within the Hurst city limits. Participants who reside in Fort Worth, North Richland Hills and Euless whose mail is delivered to a Hurst "address" are not eligible to register until December 26 at 7:00 a.m. Residency is defined by living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Non-residents will be able to register beginning on **Tuesday, February 26**. Out of fairness to all citizens of our community, you may only register the members of your household.

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Classes begin the week of March 19

(unless otherwise indicated)

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Sign Up To Register Online

That's right – you can save time and register your entire family online! To get started, you will need to visit the Hurst Recreation Center to activate your account. If you are a Hurst resident, you will need to bring your **Hurst water bill, Hurst property tax statement or Hurst apartment lease, and your photo ID** as proof of Hurst residency to receive the Hurst resident rates. Once you have activated your account and received your user name and password, you will be able to use our online registration feature.

You do not have to wait until your appropriate registration date to activate your account and receive your user name and password. Go ahead and do it the next time you are at the Recreation Center for your current class or working out. Then you will be ready to register online the day registration starts!

Help Us, Help You! PLEASE ENROLL EARLY!

Help us keep your favorite classes around by enrolling early. There is a point when a course must be canceled due to low enrollment. Help us prevent course cancellations by registering early!

Walk-In Registration Times

Monday-Thursday: 7:00AM-9:00PM

Friday: 7:00AM-5:00PM

Saturday: 9:30AM-5:00PM

Sunday: 1:30PM-5:00PM

Confirmations

When you register by mail or fax, you will receive a confirmation notice through the postal mail. You will be notified of the designated classes that are not available. If the class is not available, you may select a second choice. If you register online, you may print a copy of your receipt.

Refund Policy

Recreation Classes: We depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend class, we will gladly refund your fee with 72 hours notice prior to the class start date.

Weather Policy

Recreation Classes: In case of inclement weather, the Hurst Recreation Center will not conduct classes if the HEB Independent School District cancels their classes for the day.

Supply Lists

Some of our classes require a supply list. These classes are noted in this magazine. You will receive a supply list when you register. For mailed registrations, a list will be included with your confirmation letter. **Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.**

CLASS REGISTRATION FORM

HEAD OF HOUSEHOLD

EMAIL ADDRESS

STREET ADDRESS

APT #

CITY

STATE / ZIP

HOME PHONE

WORK PHONE

PARTICIPANT'S NAME	DOB	GENDER	CLASS #	CLASS FEE
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
			Subtotal	\$

GRAND TOTAL	Non-Resident Fee of \$2 per class	<u> </u> x \$2	= \$ <u> </u>	+ Subtotal \$ <u> </u> =	Total Due \$ <u> </u>
		# OF CLASSES			

PAYMENT METHOD

☐ CHECK

☐ CREDIT CARD

☐ CASH

CHECK NUMBER: _____

CARD TYPE: ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

MAIL TO: Hurst Parks and Recreation
Class Registration

MAKE CHECKS PAYABLE TO:
City of Hurst

CARD NUMBER: _____ - _____ - _____ - _____

700 Mary Drive, Hurst, TX 76053

EXPIRATION DATE: ____ / ____

For the valuable consideration of being allowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from an injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I DO FULLY RELEASE, INDEMNIFY, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROPERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, OR SUPERVISE THE ACTIVITIES TO BE ENGAGED IN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED, AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide any medical or other insurance protection benefits for those who use the recreational equipment or engage in activities on City Premises. I give the city of Hurst permission to use photographs obtained during my registered course(s), at recreation special events, or at city facilities, parks, etc. in city sponsored publication materials, and understand it is my responsibility to communicate otherwise with city personnel.

BY SIGNING THE RELEASE, I ACCEPT ALL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18

DATE

Adult Sports Registration Information

Teams may register in person at the Recreation Administration Office located inside the Hurst Recreation Center, 700 Mary Drive. Hours are Monday, Wednesday and Friday from 8:00 a.m. to 5:00 p.m. and Tuesday and Thursday from 8:00 a.m. to 6:00 p.m. For more information, please call 817-788-7320. Registration information and rules are located online at www.teamsideline.com/hurst.

Youth Sports Associations

Tri-Cities Baseball Association
TCBA 817-285-0200
www.tcbasesoft.com

Mid-Cities Basketball Association
MCBA 817-354-6208
www.MCBBA.org

Hurst United Soccer Association
HUSA 817-504-7479
www.hurstunited.com

**MidCities PeeWee Football
& Cheerleading Association**
817-282-2390
www.midcitiespeeweefootball.org



Adult Men's Basketball

Open Registration: February 26-March 14
Registration and/or start dates may be adjusted to accommodate weather related delays

Entry Fee: \$275 for a 7-game season
With playoffs for teams who qualify

League Schedules: Available March 16, after 4:00PM

League Begins: March 20/22

League Nights:
Tuesday – Men's Open
Thursday – Men's Open

Kickball Co-Ed Summer League

Open Registration: April 30-May 25
Registration and/or start dates may be adjusted to accommodate weather related delays

Entry Fee: \$275 for an 8-game season

League Schedules: Available May 30, after 4:00PM

League Begins: June 5

League Nights: Tuesdays

Adult Softball

Summer League

Open Registration: April 30-May 25
Registration and/or start dates may be adjusted to accommodate weather related delays

Entry Fee: \$340 for a 10-game season
With playoffs

League Schedules: Available May 30, after 4:00PM

League Begins: June 4

League Nights:
Monday – Men's & Women's
Tuesday – Men's & Co-ed
Wednesday – Men's & Co-ed
Thursday – Men's & Co-ed
Friday – Men's Church, Men's & Co-ed

TAAF State Tournaments

Men's 35 and Over Basketball State Tournament

Single Elimination with Consolation

Dates: February 23 - 25

Entry Fee: \$200

Entry Deadline: February 16

Venue: Hurst Recreation Center

Men's 45 and Over Basketball State Tournament

Single Elimination with Consolation

Dates: April 7 - 8

Entry Fee: \$200

Entry Deadline: March 30

Venue: Hurst Recreation Center





Recreation Center West Gym Schedule

There are also outdoor pickleball courts available at Smith-Barfield Park, 640 Pleasantview.

Monday

6:30AM-1:00PM // Open Gym
 1:30-2:30PM // Classes
 2:30-10:00PM // Open Gym

Tuesday

6:30-9:30AM // Open Gym
 9:30AM-Noon // Pickleball
 Noon-10:00PM // Open Gym

January 23 - April 5

Adult basketball occupies the West Gym Tuesday/Thursday, 6:15-10:00PM

Wednesday

6:30-11:30AM // Open Gym
 11:30AM-Noon // Classes
 Noon-5:00PM // Open Gym
 5:00-8:00PM // Classes
 9:00-10:00PM // Open Gym

Thursday

6:30AM-9:30PM // Open Gym
 9:30AM-Noon // Pickleball
 Noon-10:00PM // Open Gym

Friday

6:30-8:30AM // Open Gym
 8:30-10:30AM // Class
 11:30AM-1:30PM // Pickleball
 1:30-6:00PM // Open Gym

Saturday

9:00AM-6:00PM // Open Gym

Sunday

1:00-6:00PM // Open Gym

>>> Pickleball

Already familiar with the game or want to try something new? Pickleball is a fun game for all ages. Whether you're a novice or expert, you'll be sure to get some playtime on our 3 indoor pickleball courts. Courts are set up and ready at the Recreation Center on Tuesdays, Thursdays, and Fridays during specified hours. Don't have a racquet or a ball? We've got you covered. Come see what it's all about or call for more details on prices and times at 817-788-7325.



Healthy Hurst Wellness Program

Healthy Hurst is the City of Hurst's community-wide wellness initiative. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness and fitness.

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst t-shirt at the time of registration. Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst Program.

The Healthy Hurst program is open to all Hurst residents, as well as non-residents, who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at (817) 788-7325.

Patron Appreciation Week March 5-9

More than 240,000 members and guests enjoyed using the Hurst Recreation Center last year! And we want to say thank you to all those who have and continue to choose the Hurst Recreation Center as their go-to facility! Whether it's fitness memberships or classes, open gym play, classroom participants, Pickleball, or an occasional visitor, we are extremely grateful for YOU!

We will have give-away items, raffles, refreshments and more! Be sure to stop by and pay us a visit! For more information, call the Recreation Center at (817) 788-7325.

NEW! Non-Hurst Resident Family Membership

Attention Non-Hurst Residents! You may now bring your entire family to the Hurst Recreation center for a yearly fee. Established by popular demand, this Pass will give your family full access to all the amenities we have at the Hurst Recreation Center, including cardio machines, weights, racquetball courts, and the basketball gym.

Annual Family Pass is for families of up to 6 patrons, with a \$10 fee for each additional member.

Mission Statement

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities and services that encourage lifelong learning, fitness and fun.

Parks and Recreation Board

Chairman:
Alan Neace

Vice Chair:
Karen Spencer

Ralph Hurd
Jessica Martin
Cathy Thompson
Bob Walker

Pat King
Rod Robertson
Gary Waldron

Recreation Staff

Recreation Director:
Chris Watson

Recreation Athletics
and Aquatics Manager:
Jennifer Kashner

Recreation Programs
and Events Manager:
Amy Sisler

Recreation Center
Manager:
Jordan Taylor

Recreation Supervisor:
Mary Singleton

Administrative Assistant:
Paige Lutz

Recreation Receptionist:
Melanie Cox
Gayle Scott

Recreation Specialists:
Madison Bass
Lauren Snyder

Recreation Attendants:

Jeremy Bailey
Kristen Barnett
Mikayla Birdsong
Dakota Ford
Rudy Garcia
Zach Herd
Anna James
Madeline Kime
Matt Mendez
Ashleigh Neally
Nancy Philip
Shana Sanders
Cheryl Thompson
Irene Thornton

Facility Maintenance:
Judy Arellano

Opening Day: Saturday, May 26

Locations

Central Aquatics Center

715 Mary Drive

817-788-7327

May 26-August 3*

Monday-Friday: Noon-5:00PM

Saturday & Sunday: 10:00AM-6:00PM

August 4-August 19

Monday-Friday: Noon-7:00PM

Saturday & Sunday: 10:00AM-6:00PM

Chisholm Aquatics Center

2200 Norwood Drive

817-788-7250

May 26-August 26*

Monday-Friday: Noon-8:00PM

Saturday & Sunday: 10:00AM-6:00PM

September 1-3*

Monday-Friday: 10:00AM-6:00PM

Saturday & Sunday: 10:00AM-6:00PM

*HOLIDAY HOURS

July 4: 10:00AM-6:00PM

September 3: 10:00AM-6:00PM

Please note these hours
differ from our regular hours of operation



Group Reservations

A Daycare/Group is defined as any person or entity, commercial, in home care or non-profit, who provides structured child care and/or activities, whether year round or seasonal.

Any Daycare/Group meeting these criteria will be required to make a reservation, in person, at the City of Hurst Recreation Administration Office, 700 Mary Drive, a minimum of seven (7) working days in advance of the desired date of visit.

Reservations will be taken on a first-come, first-served basis beginning Monday, March 19 for Hurst groups and Monday, April 2 for non-Hurst groups.

Daycare/Group reservations will be available beginning Wednesday, May 30 continuing throughout the summer season. Reservations are Monday – Friday, beginning at noon. Only ONE reservations per week per Daycare/Group will be allowed.

Pavilion Rentals

Central and Chisholm Aquatics Centers offer covered pavilion areas for rent. Pavilion rentals do not include admission. Admission is based on residency of the guests, not the party host, and we do not accept lists. Each person must pay upon entry to the facility. Pavilion rentals begin March 19 for Hurst residents and April 2 for non-residents. Pavilions are available for rental beginning May 26.

CENTRAL AQUATICS CENTER

TIME PERIODS: Monday-Friday: Noon-4:30PM | Saturday & Sunday: 10:00AM-1:30PM or 2:00-5:30PM

Pavillion	Capacity	Price per Time Period
North	35	\$40
South	35	\$40

CHISHOLM AQUATICS CENTER

TIME PERIODS: Monday-Friday: Noon-4:30PM or 4:00-7:30PM | Saturday & Sunday: 10:00AM-1:30PM or 2:00-5:30PM

Pavillion	Capacity	Price per Time Period
One	35 people	\$40
Two	35 people	\$40
Three	35 people	\$40
Four	80 people	\$100
Five	35 people	\$40

SEASON PASSES

Hurst Resident: \$25/individual; \$100/family*

Non-Residents: \$75/individual; \$300/family*

*Family season passes cover up to five family members. This pass will get you in to both facilities. Families must reside at the same address; additional family members pay the individual rate.



Private Facility Rentals

Central and Chisholm Aquatics Centers are available for Saturday and Sunday after hours private rental for Hurst residents. Reservations begin Monday, March 19 and the first available date is Saturday, June 2. Rental hours are 7:00-9:00 p.m. and include all aquatics staff. The deposit is due upon reservation, and the rental balance is due no later than May 11. Private rentals must be booked in person at the Hurst Recreation Administration office during regular office hours. Proof of residency is required.

Central Aquatics Center (\$750)

Refundable Deposit: \$250 + **Rental:** \$500

Chisholm Aquatics Center (\$750)

Refundable Deposit: \$250 + **Rental:** \$500

Hurst Aquatics

Learn to Swim Program

Registration: Residents, May 1
Non-Residents, May 15

Participants will register by age, session and time. The first day of class is a testing day, and staff will separate participants by ability. All classes will be held at Central and Chisholm Aquatics Center.

Step 1

Select your class as determined by age group.

Step 2

Select the dates you wish to attend. Weekday classes are Monday-Thursday, utilizing Fridays for weather make-up days. Saturday classes are four Saturdays per month.

Step 3

Select the time slot; not all ages offered at all times; details provided in the Summer edition of *Where We Live*. Evening classes only offered at Central Aquatics Center.

Age Groups

Water Babies (6 months-3 years)

Parent in the water.

Pre-School (3-5 years)

Parent is not in the water; participants should be able to follow direction from instructors.

Beginner (6-12 years)

Refinement (10-13 years)

Pre-requisites required.

Session Dates

Session 1

June 4-14

Session 2

June 18-28

Session 3

July 9-19

Session 4

July 23-August 2

Class Times

Weekday Mornings

8:15-8:50AM

9:00-9:35AM

9:45-10:20AM

10:30-11:05AM

11:15-11:50AM

Weekday Nights (Central Only)

5:15-5:50PM

6:00-6:35PM

6:45-7:20PM

7:25-8:00PM

WE ARE HIRING FOR SUMMER 2018!

We are looking for awesome people to join our Hurst Aquatics Team! *(Must be 16 years of age by May 13 for all positions)*

Lifeguard \$9.25/hour

As a lifeguard, you will have the responsibility of ensuring guest safety while working with a fun, energetic staff. If you enjoy working outside and meeting lots of new people, this job is for you!

Training provided in-house, free of charge.

Must be available to attend ONE of the following classes:
April 19-22; May 3-6; May 10-13

Class times are as follows:

Thursday: 5-10 p.m.

Friday: 5-10 p.m.

Saturday: 10 a.m.-9 p.m.

Sunday: 8 a.m.-6 p.m.

Prerequisites:

Must be able to swim 100 yards, retrieve a 10 lb brick from 12 ft of water, and tread water for 1 minute without hands.



Swim Lesson Instructor \$10/hour

Must be available to attend training on the following dates: May 22, 29-31; 5-9 p.m.

Do you love working with kids? Then this job is for you! As a swim lesson instructor, you will be responsible for teaching kids of all ages and levels how to swim.

Must be able to swim 300 yards. Training provided in-house, free of charge.

Pool Maintenance Attendant \$9/hour

The Pool Maintenance Attendants are the backbone of our aquatics team. They help to provide a safe and clean environment for our guests while enjoying a fun work environment.

Cashier \$8/hour

We are looking for personable and energetic people to be the face of our aquatics centers. Cashiers are responsible for answering phones, taking admissions and providing general customer service.

All training is FREE of charge! We have competitive pay, flexible hours, and lots of fun! APPLY NOW, before it is too late!

It is not too early to apply! Hurry; there are a limited number of positions!

Apply online at: hursttx.gov/openpositions

Questions? Contact Madison Bass at mbass@hursttx.gov or call 817.788.7348.

Catfish Stockings at Chisholm Park

Neighborhood Fishin' offers fishing opportunities close to home. Texas Parks and Wildlife Department works in partnership with local governments to stock catfish and rainbow trout in small neighborhood lakes. These fish are fun to catch, and they're stocked frequently in season, so there's nearly always a fresh supply of fish available to take your bait. Over 5,500 fingerling channel catfish were stocked at Chisholm Park in 2017.

A few reminders: kids under 17 fish for free, but adults must have a fishing license with a freshwater stamp; fishing is allowed with poles only (no trotlines, traps, nets, etc.); daily bag limits and minimum lengths may apply. Visit www.neighborhoodfishin.org for specific rules, regulations and dates.

Need a fishing pole? Go to the Hurst Public Library at 901 Precinct Line Road where you can check one out for free with an adult library card.



Catfish Stocking Schedule

January 19

February 16

The Texas Parks and Wildlife Department will stock Chisholm Park Pond with catfish again this spring. Please check TPWD website, Neighborhood Fishin' at www.neighborhoodfishin.org.

EGGStravaganza

Saturday, March 24, 2018 // Activities begin at noon; Egg Hunt at 2 p.m.
Hurst Community Park, 601 Precinct Line Road

Activities begin at noon, and the Egg Hunt starts at 2:00 pm.

FREE Activities include: Crafts, Face Painting, Photos with Mr. Bunny, an egg hunt and more.

Please . . . no pets.

For more information, call 817-788-7320.

Concert in the Park

Friday, April 27, 2018 // 7-8 p.m.
Heritage Village Plaza, 837 W. Pipeline Road

Bring a picnic dinner, blankets & chairs, and join us for a Texas Spring evening as we enjoy the sounds of the Northeast Orchestra. For more information, call 817-788-7320.

Mothers, Yoga & Tea

Saturday, May 12, 2018 // 9-11 a.m.
Central Park, 700 block of Mary Drive
\$5 per person, \$20 per family (no more than 6 per family)

Let's Celebrate MOM! Bring the whole family and join the city of Hurst for Yoga in the Park followed by tea and treats! There might even be a special something for the most important woman in your life! Tickets go on sale April 16, 2018 at the Hurst Recreation Center. (Space is limited)

Father's Day BBQ by the Pool

Friday, June 15, 2018 // 6-8 p.m.
Central Aquatics Center, 715 Mary Drive
\$5 per person, \$20 per family (no more than 6 per family)

We can think of no better way to celebrate DAD than grilling out on a beautiful Texas night by the pool! Bring the whole family and enjoy food, swimming and fun! Plus a special something for Dad! Tickets go on sale May 14, 2018 at the Hurst Recreation Center. (Space is limited)

Spring Operating Hours

(Beginning March 5, 2018)

Monday-Thursday: 8:00AM-10:00PM

Friday-Sunday: 8:00AM-7:00PM

Hurst Tennis Center

701 Mary Drive, Hurst, TX

817-788-7330

Hurst Tennis Center Staff

Tennis Attendants:

Austin Armstrong

Sean Burke

Ryan Crozier

Head Professional:

Kelly Langdon, USPTA

Tennis Instructors:

Cameron Bodily, USPTA

John Schildt, USPTA

Michael Seybold, USPTA

Greg Smith

Tennis Center Coordinator:

Austin Wynne, USPTA

Upcoming Tournaments

Spring Mid Cities

March 24

Hurst Junior Open (USTA Sanctioned)

April 7



- Lessons and team drills for all ages and abilities
- 10 lighted outdoor courts
- USRSA racquet stringers
- Ball machine rental
- USPTA-certified instructors available
- USTA, NETT, TCD and other adult leagues
- Tennis ball repressurizing (NEW! ask about it today!)

How About A Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

Lessons with City of Hurst Head Professional Kelly Langdon, USPTA or Tennis Center Coordinator Austin Wynne, USPTA

\$35 Per Half Hour

\$55 Per Hour

\$200 Per Series of 4 Lessons

Lessons with tennis instructors Greg Smith; Cameron Bodily, USPTA; John Schildt, USPTA; Mike Seybold, USPTA

\$35 Per Half Hour

\$55 Per Hour

\$200 Per Series of 4 Lessons

The Tennis Center staff also offers group lessons: \$90 for 1½ hour.

Racquet Stringing

The Tennis Center has a large choice of strings and accessories for your racquet needs. We offer fast service and United States Racquet Stringer's Association certified stringers on staff.

Youth

Quickstart Tennis

6 Years and Under // 1 Can of Unopened Balls

An introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games.

Instructors: Michael Seybold, USPTA; Cameron Bodily and Staff

82601-A	5:00-5:30PM	//	M	//	4WKS	//	3/5	//	\$28
82602-A	5:00-5:30PM	//	W	//	4WKS	//	3/7	//	\$28
82601-B	5:00-5:30PM	//	M	//	4WKS	//	4/9	//	\$28
82602-B	5:00-5:30PM	//	W	//	4WKS	//	4/11	//	\$28
82601-C	5:00-5:30PM	//	M	//	4WKS	//	5/7	//	\$28
82602-C	5:00-5:30PM	//	W	//	4WKS	//	5/9	//	\$28

Junior Beginner Tennis

7+ Years // 1 Can of Unopened Balls

A fun class for beginners. Learn the forehand, backhand, serve and volley. Kids will play plenty of fun games

Instructors: Michael Seybold, USPTA; Cameron Bodily and Staff

82502-A	5:30-7:00PM	//	M	//	4WKS	//	3/5	//	\$72
82503-A	5:30-7:00PM	//	W	//	4WKS	//	3/7	//	\$72
82502-B	5:30-7:00PM	//	M	//	4WKS	//	4/9	//	\$72
82503-B	5:30-7:00PM	//	W	//	4WKS	//	4/11	//	\$72
82502-C	5:30-7:00PM	//	M	//	4WKS	//	5/7	//	\$72
82503-C	5:30-7:00PM	//	W	//	4WKS	//	5/9	//	\$72

Advanced Beginner/Intermediate Junior Tennis

10+ Years // 1 Can of Unopened Balls

For players who have had prior instruction & looking to improve their overall game. Singles and doubles techniques and tactics.

Instructors: Michael Seybold, USPTA; John Schlidt and Staff

82504-A	5:30-7:00PM	//	TH	//	4WKS	//	3/8	//	\$72
82504-B	5:30-7:00PM	//	TH	//	4WKS	//	4/12	//	\$72
82504-C	5:30-7:00PM	//	TH	//	4WKS	//	5/10	//	\$72

Adult

Adult Beginner/Advanced Beginner Clinic

1 Can of Unopened Balls

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new unopened balls to first class.

Instructors: Kelly Langdon, USPTA and Staff

82505-A	7:00-8:30PM	//	W	//	4WKS	//	3/7	//	\$72
82505-B	7:00-8:30PM	//	W	//	4WKS	//	4/11	//	\$72
82505-C	7:00-8:30PM	//	W	//	4WKS	//	5/9	//	\$72

Adult Intermediate Clinic

1 Can of Unopened Balls

This class is for adults who want to build on existing skills. You will practice all shots and learn techniques and tactics. Bring one can of new unopened balls to first class.

Instructors: Kelly Langdon, USPTA and Staff

82506-A	7:00-8:30PM	//	W	//	4WKS	//	3/7	//	\$72
82506-B	7:00-8:30PM	//	W	//	4WKS	//	4/11	//	\$72
82506-C	7:00-8:30PM	//	W	//	4WKS	//	5/9	//	\$72

4.0 Men's Open Drills

1 Can of Unopened Balls

This drill class is designed to work on both singles and doubles point play situations. Get a great workout while getting ready for your next match. A minimum of three (3) players is needed for the drill to make. Please call and register no later than 24 hours in advance. Players should contact the Hurst Tennis Center on Thursday to ensure the class will meet. (Drills start March 1)

Instructors: Kelly Langdon, USPTA; and Mike Seybold, USPTA

82444	7:00-8:30PM	//	TH	//	1WK	//	3/8	//	\$12
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Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.

Taking Care of City Parks

We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817-788-7220.

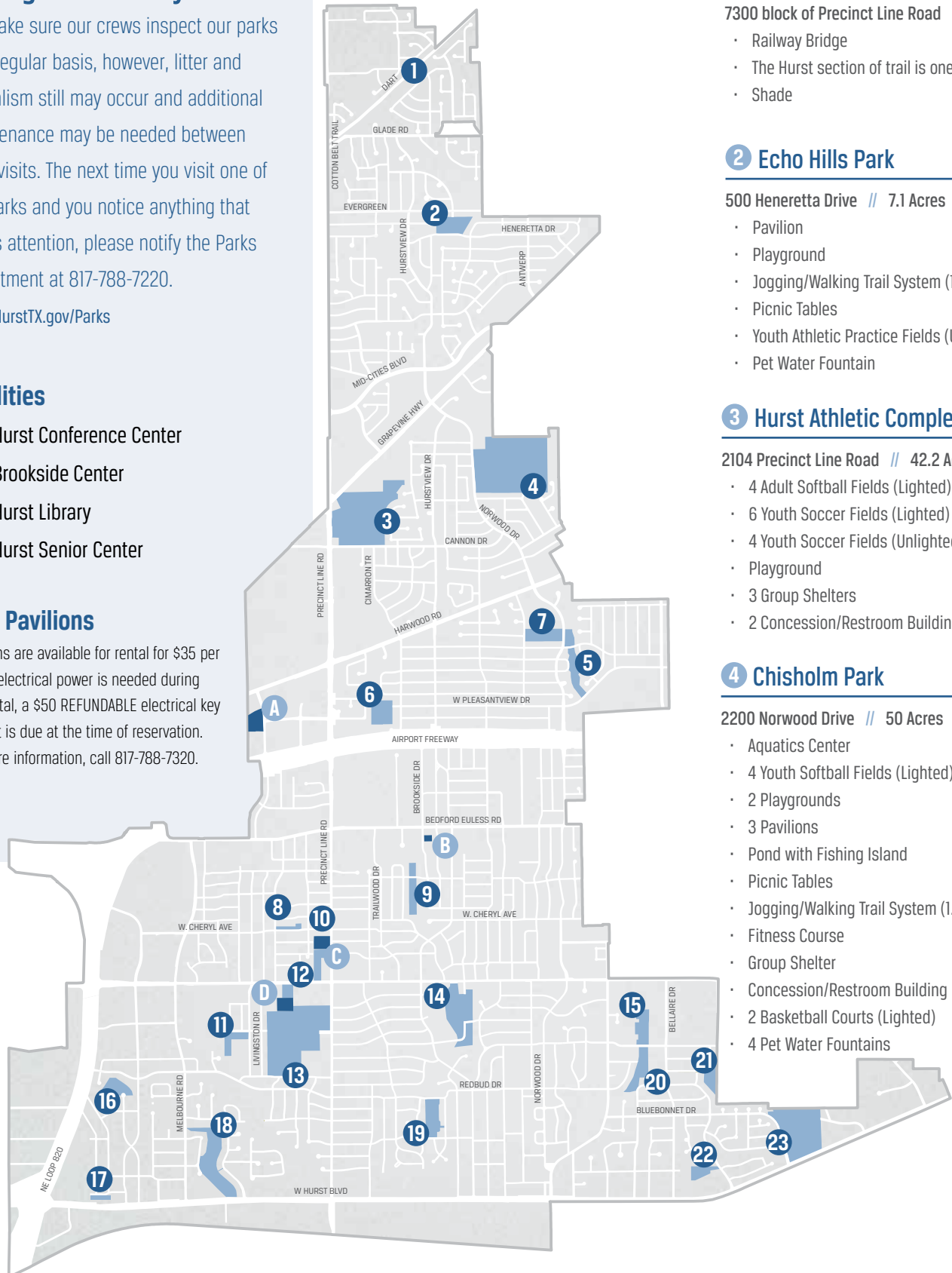
www.HurstTX.gov/Parks

Facilities

- A** Hurst Conference Center
- B** Brookside Center
- C** Hurst Library
- D** Hurst Senior Center

Park Pavilions

Pavilions are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation. For more information, call 817-788-7320.



1 Cotton Belt Trail

7300 block of Precinct Line Road

- Railway Bridge
- The Hurst section of trail is one mile
- Shade

2 Echo Hills Park

500 Heneretta Drive // 7.1 Acres

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

3 Hurst Athletic Complex

2104 Precinct Line Road // 42.2 Acres

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

4 Chisholm Park

2200 Norwood Drive // 50 Acres

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

5 Mayfair Linear Park

1725 Norwood Drive // 8.3 Acres

6 Smith-Barfield Park

640 Pleasantview Drive // 6.9 Acres

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

7 Mayfair Park

1725 Norwood Drive // 14.4 Acres

- Pavilion
- Playground
- Jogging/Walking Trail System (1/4 mile)
- Youth Athletic Fields (Unlighted)
- Pet Water Fountain

8 Windmill Park

840 W. Cheryl Avenue // 2 Acres

- Historical Marker

9 Valentine Park

610 Bedford Court West // 4 Acres

- Youth Athletic Practice Field (Unlighted)

10 Library Park

901 Precinct Line Road

- Pavillion

11 Hurst Hills Park

575 Billie Ruth Lane // 4 Acres

12 Heritage Village Park

841 W. Pipeline Road

- Historical Plaza
- Picnic Table
- 2 Decorative Water Fountains

13 Hurst Community Park

601 Precinct Line Road // 44.9 Acres

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

14 Central Park

700 block of Mary Drive // 17.5 Acres

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

15 Vivagene Copeland Park

501 Pecan Drive // 5.2 Acres

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

16 Jaycee-Baker Park

500 Belmont Drive // 4.1 Acres

- Playground
- Picnic Tables
- Pavilion
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

17 Parker Cemetery

1308 Cardinal Lane

18 Billy Creek Park

161 Billy Creek Drive

19 Redbud Park

525 Redbud Drive // 7.2 Acres

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 miles)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

20 Bellaire Park

500 Pecan Drive // 6.4 Acres

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

21 Wan-Ka-Kani Park

748 Shadylane // 4.1 Acres

- Picnic Tables

22 Highway 10 Linear Park

188 Arwine Drive

- Hurst's undeveloped park land

23 Rickel Park

1001 Bluebonnet Drive // 29 Acres

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- Playground
- 2 Pet Water Fountains



City of Hurst
1505 Precinct Line Rd.
Hurst, TX 76054

PRESORTED STANDARD
U.S. POSTAGE PAID
HURST, TX PERMIT NO. 21

Spring 2018

RECREATION CLASS SCHEDULE

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities and services that encourage life-long learning, fitness and fun.

